

# THE HEALTH-LIFT

REDUCED TO A SCIENCE.

## CUMULATIVE EXERCISE.

A THOROUGH

## GYMNASTIC SYSTEM

IN TEN MINUTES ONCE A DAY.



*Health Restored and Muscular Strength Developed by Equalizing and Invigorating  
the Circulation. The Result of Twenty Years' Practical and Theoretical  
Study and Experiment. The Only Scientific System of Physical  
Training. Minimum Time for Maximum Results.*

## THE REACTIONARY LIFTER.

New-York:

THE HEALTH-LIFT COMPANY, No. 46 EAST 14th STREET

1876.

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# CUMULATIVE EXERCISE,

POPULARLY KNOWN AS

“THE HEALTH-LIFT,” OR “LIFTING CURE.”

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**C**UMULATIVE EXERCISE, while improving the health, will **Double the Actual Strength** in three months ;—occupies only **Ten Minutes** once a day ; —furnishes a safer and more valuable mode of **Physical Training** than the gymnasium ;—is adapted to both **Ladies and Gentlemen**, requiring no change of dress ; does not fatigue nor exhaust, but, by equalizing and improving the **Circulation of the Blood**, refreshes and invigorates ;—and, finally, is daily recommended by leading physicians to those suffering from want of tone and vigor, or from Dyspepsia and other forms of Indigestion, or from various diseases of the Nervous System, or from the class of ailments caused by torpor or congestion of the Liver—in short, it is warmly approved **by the Medical Profession as the most Efficient, Safe, and Simple Means of Preventing Diseases arising from Sedentary Habits.**

**THE REACTIONARY LIFTER** is the response which science and inventive talent have made to the demand for an instrument which would make this Exercise popular and convenient. It is a portable, compact, and graceful apparatus for taking Exercise in the safest and best possible manner. It has a combination of levers and a movable fulcrum, adjusted instantly, by which Exercise varied in amount from twenty to twelve hundred pounds may be taken, being thereby suited to the weakest woman or the strongest man ; and yet the instrument weighs only a little more than one hundred pounds. Nearly two thousand are now in use.

## PHYSICAL CULTURE.

THE neglect of physical exercise is held, by leading medical authorities, to be producing the gravest results in this country, more especially among the well-to-do and intellectual classes of the community.

*To this neglect is ascribed much of the general ill-health, and especially the increasing amount of nervous disease.*

It is claimed that a system of Physical Culture has been developed and perfected, in which thousands of the most intelligent members of the community, from Maine to California, find—

“That fullness of life, that vigorous tone, and that elastic cheerfulness which make the mere fact of existence a luxury :”

“A regular system of exercise” which “has brought to many a jaded, weary, worn-down human being the elastic spirit, the simple, eager appetite, the sound sleep of a little child :”

“A hygienic force” which makes “perfect spiritual religion” possible, by making “perfect physical religion” practicable :

An exercise “so very simple in its machinery as to be capable of introduction wherever there is standing room :”

An exercise, finally, that is “adapted to our civilization,” in that it is scientifically accurate, occupies the minimum of time and produces the maximum of results.

It is the system known as Cumulative Exercise or The Health-Lift.

Physical exercise, as a means of restoring and preserving health, has been, for nearly three thousand years, justly considered one of the most important elements of hygiene. Indeed, Hippocrates, “the father of medicine,” epitomizing the wisdom of the ages, makes the essence of health to consist in *temperance and exercise*.

Galen summed up a long life of observation in this sentence : I know not which is the more indispensable for the support of the frame—*food or exercise*. Plato, placing gymnastics and medicine at the head of all the arts that minister to our bodily welfare, assigns to gymnastics the pre-eminence over medicine, since the former renders the latter needless.

Exercise is as essential as breathing itself. Without it, there can be no healthy and beautiful growth. It prolongs life, and greatly improves living ; it better fits us for our duties ; without it, we do not more than half live. He only who exercises sufficiently can know the joy of living well, of good health, good appetite, good digestion, refreshing sleep. It increases respiration, thus bringing a larger quantity of that “elixir of life,” oxygen, to purify and vitalize the blood. It rounds and hardens the muscles, and educates them into ever-ready, faithful, and efficient servants of the will. It strengthens every part of the system. It invigorates the mind, and renders it more active and efficient in all its operations ; in short, it is one of the great natural agents which will enable man to reach that state of physical, mental, and moral perfection for which he was designed by his Creator.

The activity of the muscles is also highly conducive to the well-being of many other important functions. The blood is assisted in its course ; accumulation in the internal organs is prevented ; the important processes of digestion, respiration, accretion, absorption and nutrition are promoted, and the health of the whole body immediately influenced. The mind is greatly exhilarated.

Proper and systematic physical culture refines, elevates, and ennobles, adds to our courage, zeal, and health, and thereby to our happiness.

Sooner or later, we must think about this subject. Is not the body worth all the care and labor we can bestow upon it ? Is it not the temple of the soul ? The intellect is untaught without it. Other things being equal, the greater the capacity, the strength, the power, the endurance of the body, the greater will be the mind in these respects. Is it not a duty devolving upon the old and young of both sexes, to take every possible means to preserve and improve these bodies of infinite perfection, of such varieties of power, of such capacities of enjoyment !



## CUMULATIVE EXERCISE.

THE essential principle of Cumulative Exercise is the gradual arousing of the latent muscular strength of the individual.

It is a system of voluntary effort in which the person, in each day's exercise, begins with a light weight, sufficient only to exert a few muscles, and gradually increases his efforts as he arouses the neighboring and deep-seated muscles to activity. By this course, effects are produced which differ materially from those caused by ordinary exercise or by gymnastic feats. Instead of exciting a tumultuous throbbing of the heart, and a hurried, panting respiration, such as follow unusual exertion in the ordinary methods, the heart's action is rendered more efficient, and consequently, slower and steadier, while the breathing is deeper, fuller, and more regular. The exertion is made with the body erect, but the knees bent at beginning, so that, in effect, the straightening of the knees produces a *gradual tension of the muscles*, as the weight is raised, which is essentially different from ordinary lifting, and free from its dangers.

*This tension or contraction of the muscles is one of the most efficient agencies in promoting the circulation of the blood in the minute blood-vessels (the capillaries) and in the veins; and, through this improved circulation, disease, arising from congestion or inaction of the various vital organs, is relieved, and often permanently cured.*

While ordinary exercise generally causes fatigue and exhaustion, a judiciously conducted Cumulative Exercise is always followed by a sense of buoyancy, freshness, and invigoration. This arises from two causes: first, not merely a few superficial muscles have been used over and over again, as in ordinary exercise, but the *great bulk* of the muscles in the entire body has been safely and systematically caused to contract in a slow, gradual, natural manner, by the successively increased efforts and alternations of rest. This gradual, natural contraction, with the proper intervals of relaxation, never causes fatigue nor exhaustion.

*The second cause of this positive buoyancy and freshness is the INCREASED ABSORPTION OF OXYGEN by the contracting muscles. While muscles are acting, they absorb from the blood flowing through them over SIX TIMES as much oxygen as they do when at rest. This fact explains not only the temporary effect under consideration, but the permanent valuable results which follow the regular persistent use of this system of exercise.*

Oxygen we all know to be the great sustainer of animal life. Its proper supply to, and absorption by the various tissues of the body are absolutely essential to their healthy condition and action. And, in thus securing its sixfold increased absorption, not by a few, but by the majority of the muscles, an increased demand is made on the respiratory capacity, which results in a more thorough elimination of poisonous gases and waste matter, a more perfect aeration of the blood, and a more vigorous, healthy tone of all the vital processes.

## PHYSICAL PERFECTION.

THE injunction, "Be ye perfect," was not pronounced in mockery; and, if *moral perfection* is within the range of human capability, *physical perfection* surely must also be attainable.

Physical perfection and beauty is the grand external sign of goodness, of organization and integrity of function. The learned Dr. Pritchard truly says, "The idea of beauty and physical perfection is synonymous with health and perfect organization."

The ancient Greeks placed perfection of form next to virtue. We think they showed more wisdom than those who now preach the worthlessness of the body, or are indifferent to its culture and necessities.

Moral purity and perfection is as incompatible with physical impurity as intellectual power with physical weakness.

There are possibilities in the human form and physical perfection which we have not yet reached.

## THE RATIONALE OF LIFTING.

LIFTING is a system of harmonious and simultaneous exercise of the whole body. Every muscle is brought into use at once, and each in proportion to its relative strength. And so connected are the vital organs with the muscular tissue of the body, that when all the muscles simultaneously and harmoniously act, the organs themselves receive their appropriate amount of exercise. So distributed is this effort that there is no danger of injurious strains or rupture. It strengthens the weak organs, and expels disease by a gradual, co-operative exercise of the whole body. The strength of the whole body is augmented and equalized, the weak parts are built up, disease is expelled, and the individual becomes uniformly strong, and consequently healthy. It develops power chiefly at the vital centres. All the voluntary and respiratory muscles are brought into harmonious play, expanding the chest, augmenting the breathing capacity, aerating the blood, equalizing the circulation, warming the extremities, and thus vitalizing every part; and by determining action and circulation to the whole surface, increases the relative amount of blood in the extreme capillary vessels, thereby removing internal congestions wherever located, and accelerating the nutrition of every organ.

It is a true exercise, a correct developing agency, a safe method of cure. It is an equalizer and invigorator—a reconstructor of the tissues of the body and brain. It invokes all hygienic agencies, especially pure air, pure water, healthful food, sun, air, and water baths, abundant sleep, rest, and recreation. It increases the healthy action of the brain correspondingly with that of the body. All the elements of a perfect manhood are increased, including not only intellectual vigor, but moral power and social purity. For as certainly as disease favors an abnormal condition of the mind as well as the body, so surely does an increase of health and strength become a promoter of virtue. In a word, it is putting a man in possession of himself.

## THE HEALTH-LIFT.

THE HEALTH-LIFT is one of the greatest inventions of the age, and is second to none in importance, as it is a direct appliance for the culture and improvement of the human race. It is good for everybody, and should be used by all. It will accomplish the following results:

1. It causes an equal circulation of the blood to all parts of the system.
2. It expands the lungs and increases the volume of respiration.
3. It infuses more oxygen into the muscles, and thus purifies the tissues of the body.
4. It tones and builds up the whole system when purified.
5. It will double the strength in a few months.
6. It steadies and regulates the heart's action.
7. It does all these by a practice of only ten minutes once a day.
8. It will, by the above principles, cure most of the ills to which flesh is heir, especially when chronic, and resulting from derangement of the circulation.

The Health-Lift competes, and most successfully, with every proposed method for purifying the blood and giving vitality to the system, both general and local. It will in many cases do all that is claimed for medicine, electricity, movement cure, baths, and other forms of treatment. It produces power, energy, and vitality; it promotes physiological action, and thereby raises the standard of health; it impels the blood in its course, changes interstitial fluids, produces chemical action, and performs other duties serviceable to vitality; it is the greatest aid to the circulation, removing all local impediments.

It removes local congestion and chronic inflammation. It increases the oxidizing function. It causes the absorption and disappearance of solid and fluid accumulations. It diminishes chronic nervous irritability. It supplies a most efficacious remedy for paralysis, if taken in time. It cures deformities, liberates adhering and contracted fibres, renders mechanical and instrumental supports unnecessary.

It increases muscle, hardens the flesh, perfects digestion and nutrition. In short, it promotes the healthy action of every function of the body.

## THE HEALTH-LIFT AS A REMEDIAL AGENT.

"The first result of exercise is to equalize, the second to invigorate, the third to reconstruct and build up the tissues of the body. In the process of constant training these results are inevitable, and they necessarily involve the expulsion of whatever disease is present in the system.

"The skin, which had been clogged with decaying matter, yellow with bile, or white for lack of capillary circulation, acquires the natural glow and color of health. The face becomes fuller and rounder in its outlines (the uniform and natural indications of vigorous vital organs), and acquires that beauty of form, and lively, animated expression, which can only result from healthy physical, moral, and mental conditions.

"Nor is the effect, tone, and character of the mind and will less apparent. The vacillation and weakness peculiar to an unbalanced condition come to an end. The step is firm and the will determined. Consciousness of power underlies and promotes all the elements of a perfect manhood and womanhood. Persons who vainly grapple with health-destroying habits, or who, in consequence of the weak and abnormal condition of their mental faculties, have had no desire to resist them, may now oppose them successfully.

"The system is purified from disease; the morbid matters—sure contagion, fever, and premature death—are expelled from the system; the patient, instead of being weaker, is made stronger by the process, and is protected against relapse and subsequent assaults of disease by his greater degree of organic power. His vigor of mind and body is greatly increased, and he enters upon his daily duties anew, with prospects of longer life, business success, and greater usefulness in whatever avenue he may enter.

"The curative power is inherent in the human organism. It is by developing and increasing this power by a correct system of physical culture that a cure is effected.

In spite of our constant transgressions of nature's laws, she is ever striving to neutralize the effects of our errors, and to make us wiser and more healthy. We have only to meet nature half way to become constant in progress toward physical, mental and moral perfection.

"He who desires the best results will be constant in his obedience. In the attainment and preservation of health we reap as we sow.

*"Nature cures disease through an inherent recuperative power in the human system."*

*"By furnishing the conditions for the action of this recuperative power alone nature be aided."*

"The conditions are essentially: Pure Air, Proper Food, Cleanliness, and *Judicious Exercise.*"

CUMULATIVE Exercise can hardly be called a system of medical treatment, nor does it interfere in any way with the various schools of medicine extant nor with other treatment. While it is used in specific cases, and without doubt is more applicable to some than to others, yet it does not make a specialty of any form of disease.

Too much stress can hardly be laid upon these axioms:

*The Blood is the Life:*

*Its perfect Circulation is perfect Health.*

They are the basis of the system of Cumulative Exercise; they explain all its results; they satisfactorily account for its wide applicability; they are an epitome of Medical Science.

Perseverance in the use of THE REACTIONARY LIFTER is necessary in order to derive the benefit that should be obtained from it. Its cures are effected by the orderly action of the vital forces, and not by any sudden and miraculous influences. The action of these forces, like all other operations of nature, is steady, sure and permanent. And those who persevere in its use, and exercise upon it in accordance with proper instructions, will reap the greatest amount of benefit.



## THE HEALTH-LIFT FOR LADIES.

THE class who most need exercise, especially this form, and who would be most benefited by it, are the least liable to seek it. We speak of ladies.

We are sure that this arises from a want of knowledge of what it is, and what are its effects. They imagine "ungraceful positions," "handling of heavy weights," "soiled hands" and "change of costume."

Let all such fancies be dispelled by examining the accompanying "illustration."



This lady is seen to have on her outside garment, hat, and even gloves. She has gone through no transition. She steps upon the platform, grasps the handles, and lifts in the simplest possible manner. There is no undue effort, no strain, no possible chance of any injurious effect. One of the great advantages of this apparatus is its adaptation to ladies' use.

But there is another consideration far more important than any of the above. This is its marked effect upon the diseases peculiar to women. This exercise has had a more specific effect than anything yet known. "Backache, its Cause and Cure,"

one of our publications, sent free on application, will be found to contain full particulars pertaining to its great advantage to women.

When it is understood that a very large share of the suffering endured by women in this country, both single and married, arises from inertia, from muscular weakness, from a want of tone and health in the muscles themselves, both local and general, and that the remedy lies in improving the muscular system by judicious systematic exercise, is it not a sad reflection upon the general good sense of women that there is such universal apathy on this whole subject?

The need of intelligence on a subject of such vast importance is our only excuse for here pressing its claims for women. They will welcome a mode of treatment at once so easy and efficient. If there is any class of ailments for which this acts as a specific, it is that of the pelvic viscera, beginning with inflammation and ulceration and all the versions and flexions. It is especially desirable in Prolapsus and Retroversion. There is not one in the whole category that has not been treated with entire success. Many cases of habitual miscarriage have been cured. That peculiar but very common feeling of *bearing down*, causing pain, weight and backache, is always permanently cured. The patient who before could walk only a short distance and with great pain, can, after a few months' lifting, walk several miles without discomfort. Its crowning glory is in its preparation for the most trying of all ordeals—child-labor. This is because it is *perfectly safe*; it develops the muscles of the trunk and abdomen, it strengthens the ligaments which support the uterus; it gives tone, strength, and health to all the surrounding parts. The effort is harmoniously distributed; all the muscles in the body act at the same instant, and each in proportion to its relative strength. The position is erect, and every organ is in its proper place at the moment of exercise. This is no mere theory; many



women to-day cherish grateful remembrances of the help derived from this practice. We can cite many cases where previous labors have been severe and lasted over forty hours, in which, after lifting, they have been easy, lasting only from one to four hours. It is safe to begin at any time of pregnancy, and lift up to the day

of confinement. There is scarcely any form of female weakness or disease that has not been successfully treated at our rooms, by the simple process of lifting. Over one hundred ladies lift daily at our office, and thousands who lift at our agencies and on machines at home will attest the facts herein specified.

## THE ORIGIN OF THE HEALTH-LIFT.

IN 1855, Dr. George B. Windship, of Boston, commenced lifting as a means of muscular development. Most are familiar with his story. "A puny, sickly, diminutive youth, subject to intense nervousness, headache, indigestion, dyspepsia, and a weak circulation; as well as to the taunts of his classmates for being the smallest man in his class at Harvard College; was driven to the cultivation of his 'muscle' by the petty tyranny of one of his classmates; making, on one occasion, after unusual abuse, the following promise to a sympathizing chum: 'Wait two years, and I promise you I will either make my tormentor apologize, or give him such a thrashing as he will remember for the rest of his life.'"

Tardy revenge; but young Windship was as sure as he was slow, and at the end of two years, with broadened shoulders and developed muscles, the young athlete sought his old enemy and received his apology.

In his "*Autobiographical Sketches of a Strength-Seeker*," he says:

"I have only to add that we parted without a collision, and that, in my heart, I could not help thanking him for the service he had rendered in inciting me to the regimen which had resulted so beneficially to my health.

"The impetus given to my gymnastic education by the little incident I have just related, was continued without abatement through my whole college life. Gradually I acquired the reputation of being the strongest man in my class. I discovered that with every day's development of my strength, there was an increase of my ability to resist and overcome all fleshly ailments, pains and infirmities,—a discovery which subsequent experience has so amply

confirmed, that, if I were called on to condense the proposition which sums it up into a formula, it would be in these words, 'STRENGTH IS HEALTH.'"

The Health-Lift has grown out of Dr. Windship's gymnastic training; he developed a very useful lifting apparatus, and were it not for its great cost it would be more generally used. Dr. W. confined his practice to the cure of patients by the use of his "Graduated Yoke Lifting," as he calls it. Latterly, however, he has adopted the REACTIONARY, giving high testimony in its favor and preference over all other machines. He makes use of it in his gymnasium.

The impetus given by Dr. Windship to this new and unique form of exercise created much interest and enthusiasm. Even then it was predicted by many that the Health-Lift would take the place of all other forms of gymnastics. Even at this early day, the prophecy seems to have been warranted.

From time to time various machines for lifting have been devised, but few had merit enough to warrant other than an ephemeral existence; they were expensive, complicated, bungling, ugly. The most objectionable of all was the dead-weight, centre-lift, necessitating the corkscrew twist of the spine.

Since the appearance of the Side-Lift or Reactionary, nearly all the others have been withdrawn. It is cheaper, more compact and beautiful than all, and with its late improvements is complete and perfect in every particular. It is believed that it can not be superseded.

## THE REACTIONARY LIFTER.

THE REACTIONARY LIFTER is a portable, compact, and graceful apparatus for taking all needed exercise in the safest and best possible manner.

It is made of iron and steel, and is so compactly and firmly put together that it will not break, get out of order, nor wear out. It is available for all time and for all the members of a family. It is especially desirable and convenient for ladies, requiring no change of dress.

Its weight is but little over one hundred pounds, and, when packed, is about the size of an ordinary trunk. Its exact dimensions are thirty-six inches long, eighteen inches wide, and fourteen inches high. Its handles let down, so that it may be easily rolled under a table or bed if desirable. It can be readily transported from place to place, or trundled about the house on its castors. It is japanned to save it from rusting, and is beautifully finished in black and gold. It is highly ornamental and graceful in appearance, and may be placed without inconvenience in a hall, study, office, or bed-room. The "cuts" in various parts of this book illustrate its appearance and mode of use.

Its adjustment for lifting is so simple that a child can readily understand and manage it, and so easy as to require neither time nor effort. It possesses the elasticity of rubber without its objections. *Its range of weight is from twenty to twelve hundred pounds.*

There are now nearly two thousand Reactionary Lifters in constant and permanent use, giving entire satisfaction. Their sale has now reached about one hundred per month, and is constantly increasing. We have lately made important changes and improvements in this machine, lessening its weight, greatly improving its finish and appearance, introducing a new self-locking fulcrum or slide, so that it can not get out of order.

Its adjustment is much more easy and perfect, and the handles have been very materially improved, and are now durable

and unobjectionable. It is now pronounced a perfect machine.

It has *side-handles*, therefore enabling all to use it with the body in the only natural and proper position for lifting, avoiding the unnatural and painful twist of the spine. It is the cheapest good machine now in use.

Only ten minutes once a day is required for all needed exercise on this apparatus.

It affords to all who use it the best means of physical development and healthful exercise. In the household, it is better than a whole gymnasium.

In the study or office it would prove a source of relief to overtaxed brains, and would double the capacity for the day's work, enabling the man to go to his home rested and happy, with a keen relish for the evening meal, and with the power to spend the evening in a cheerful mood.

Every school, college, and institution of every kind should have one, and make its use as much a necessity as any other duty of life. Every public or private institution employing clerks, would find the Health-Lift most valuable in keeping the clerks in good health; they would do more work much more efficiently. The Health-Lift should be a public institution of itself.

It is the most remarkable apparatus for exercise or health ever invented, and is rapidly taking the place of many other modes of treatment.

Accompanying each machine is an illustrated "Manual," giving plain and full directions for its use. The "Manual" will be sent free to anyone wishing to investigate further before purchasing.

The Reactionary Lifter was patented by the inventor, Rev. C. H. Mann. The sole right to manufacture and sell these machines has been purchased by the Health-Lift Co., of New-York, a joint stock corporation, having a capital of \$200,000, and possessing every facility for introducing this valuable invention to the world at large. It has already organized nearly one hundred agencies in as many of the principal cities of the United States, and is constant-

ly adding to their number. Nearly 2000 of these machines have been sold by the Company and its agents, and in the face of the dull times there is a steady increase in the sales. The demand for an article of this kind is unprecedented. The many thousands who have and are using this machine, with marvelous results, will bear witness to all that is claimed for it.

ITS COST IS ONLY ONE HUNDRED DOLLARS.

We cordially invite all who are in any way interested in exercise and physical culture to call at any of our agencies or exercise rooms (a partial list of which is given on third page of cover), where they will always be welcome and find attendants to explain the exercise, and apparatus for its use. A trial and full explanation require but a very few minutes. Our exercise rooms are open for subscribers who may not care to purchase or wish more fully to test its merits by trial before purchasing.

If, in addition to its merits as a system of exercise, means so simple as those of the Health-Lift shall be found to produce tangible and uniform results, to check and even eradicate the most formidable disease, to secure immunity from sickness, and, finally, to bestow a freshness, vigor and endurance which make physical labor light and mental exertion pleasant, it must, in the language of a recent editorial in one of our leading dailies, be "conceded that such a system is not alone an individual blessing, but a wide-spread benefit to the community. Its claims demand rigorous scrutiny from press and public. If baseless, their existence can but be ephemeral; if well-founded, no reward is too great for him who shall have urged them, and so fulfilled the demand for a practical form of physical exercise, which is every day emphasized by some new case of a merchant breaking down at his desk, lawyer in his office, or minister in his pulpit, under the pressure, nowhere higher, nowhere more dangerous, than in our own city."

It has stood the test and experience of twenty years with constantly increasing fa-

vor. It was never so popular and universal as now.

#### NOTES ON LIFTING.

This perfect system of condensed exercise, now so popular among professional and business men, offers the following practical advantages to every active, as well as every sedentary worker of either brain or body :

**ECONOMY OF TIME**—requiring but ten minutes daily.

**CONVENIENCE**—requiring no change of dress for either men or women.

**SAFETY IN ALL CASES**—being capable of perfect graduation to all degrees of strength.

It is a tonic to brain, nerve, and muscle.

It prevents disease, and relieves chronic ailments.

The lift-effort has a marked effect upon the breathing, making the inspiration much deeper and larger in volume. This is a most important feature of the exercise, for with every breath a load of the wasted material of the body is given up by the blood, in the form of carbonic acid, etc., and its place supplied by life-giving oxygen from the surrounding atmosphere.

It is, besides, apparent to all that the effect of this often deep inspiration must open more air-cells, give the blood a better chance for aeration, enlarge the breathing capacity and the breadth of the chest, and thus make us capable of living more and better in every respect. We firmly believe that a man's physical and mental health, and physical enjoyment of living, depend more upon the capacity of the chest and soundness of his lungs, than any other one thing.

Many a man has, in six months or a year, by the simple process of lifting, gained five inches in actual girth of his chest.

Now, who shall tell the value of these five inches of chest, five inches of additional space for the heart and lungs to work in? There is no computing its value—no power of computing it at all; and before such an addition as this could be made to this part



of the body the whole frame must have received a proportionate gain. For the exercise of this system is addressed to the whole body, and to the whole body equally, and before this addition could be made to the chest, every spot and point of the frame must have been improved also—every organ within the body must have been proportionately strengthened.

Ten minutes Health-Lift Exercise, once a day, is found, after years of experience, to be amply sufficient to keep the body in good physical condition.

For Cumulative Exercise, one is no stronger than his weakest part, whether that be his biceps or his liver; he can lift, in a *natural position*, calling uniformly on the whole system, only the measure of the weakest part.

Cumulative Exercise can be graded to the capacity of the most delicate person. It is the most economical of brain and nerve power. Following the exercise most commonly is a tingling sensation over the whole surface of the body, with a sense of buoyancy and vigor which prompts one to want to *do* something. Take this increased vitality away with you; put it into your daily life and work. The pulse has fallen from five to eight beats per minute; you breathe more freely; the headache is gone. If the feet were cold before, they are now warm. Fresher, clearer, more alert and cheerful, you walk away from the Health-Lift, with a sense of manhood, a possibility of doing and being that is wonderful even to yourself.

More than 2200 years ago, in the little island of Cos, the "Father of Medicine" (Hippocrates) laid down the theory on which the Health-Lift of the nineteenth century is based. Galen, surnamed "The Physician," following in his footsteps, wrote, "If disease takes hold of the body, there is nothing so certain to drive it out as diligent exercise;" and since their time no enduring success has been won in the healing art but through a strict observance of these principles.

It is an equalizer.

It is an invigorator.

It is a reconstructor of the tissues of the body and of the brain.

Perfect lifting is perfect exercise.

One of the commonest results is for persons who come to the Lift rooms tired, depressed and languid, to retire after ten minutes' exercise, refreshed, buoyant and invigorated.

CUMULATIVE EXERCISE INVIGORATES, MAKES BREATHING DEEPER AND FULLER, MAKES THE HEART WORK REGULARLY AND EFFICIENTLY—TONES MUSCLE AND NERVE—IS NEVER UNSAFE NOR INJURIOUS—IS ECONOMICAL OF BRAIN AND NERVE POWER—MAY BE GRADED TO THE MOST DELICATE PERSON.

The Health-Lift is to some an unfortunate name. Ordinary lifting, in a faulty position, such as stooping over, thereby using the weakest portions of the body—the small of the back and the chest—is as utterly different as it can well be both in kind and results to the progressive, graduated, upright and systematic manner of the Health-Lift, which has none of the terrors of ordinary lifting. It is popularly known under the title of HEALTH-LIFT, and therefore we are obliged to retain it, but Cumulative Exercise is less objectionable, and more correct and scientific.

#### THE HEALTH-LIFT AS A PROPHYLACTIC

"AN ounce of prevention is worth a pound of cure." The value of this saying is never fully appreciated. What is the value of health? Is it not equal to a man's income—and more? and yet who is willing to give a tithe of his income to keep well? Ninety-nine out of every hundred will prefer to wait till they get sick. What have they to do with *Prevention*? The folly of such a course is too apparent to need comment.



## HEALTH.

No one pretends to deny that health is the greatest of all earthly blessings. How few of us are willing to allow it except in theory. We go through life with a very meagre enjoyment of its rich blessings, willing thus to be deprived of the greatest and best wealth. We labor with brain and muscle for that which is infinitely less in value, scarcely bestowing a thought upon that which would give us more real joy, more power to be and to do than all other things combined.

Be entreated to consider the infinite value of health, and the proportionate importance of its preservation and augmentation. Gain whatever you may by impairing health, you become an infinite loser; but lose what you may in its preservation and restoration, you gain everything. Whatever your aims, your hopes, your wishes, if you would succeed, preserve your health. To do good, to get rich, to enjoy life, to attain eminence or greatness, to secure any or all the legitimate ends of life, physical, intellectual, or moral, preserve your health.

No one thing will so greatly conduce to the regaining, preservation, and enjoyment of perfect health as well-regulated and systematic physical culture. It is now readily acknowledged by all conversant with the subject, that Cumulative Exercise or the Health-Lift, is the safest, simplest, best and most perfect system yet devised.

How many men, earnest, eager, uncomplaining and careless, are pursuing their vocations with the imminency of a certain break-down ever before them, or with pain, weariness, languor and depression, when fair, even good health, full power, and a positive joy in living and doing might be secured, and the labor that is of love, now performed incompletely and in pain, might be performed with completeness and in comfort! That condition of body and amount of vital capacity, which shall enable each man in his place to pursue his calling with the greatest amount of comfort to himself and usefulness to his fellow-men is simple and easily attainable.

Our material frame is composed of innumerable atoms, and each separate and individual atom has its birth, life, and death, and then its removal from the place of the living. Thus there is going on a continual process of decay and death among the individual atoms which make up each tissue.

Each atom preserves its vitality for a limited space only, is then separated from the tissue of which it forms a part, and is resolved into its inorganic elements, to be in due course eliminated from the body by the organs of excretion.

These processes are greatly influenced by the activity of the bodily functions. Every operation of the muscles or nerves involves the disintegration or death of a certain part of their substance. We can not lift a finger, we can not perform the slightest movement without causing a change in certain of the atoms which compose the muscles executing the movement, in those nerves conveying the stimulus which directed them to contract and in those composing the nerve-centres in which the stimulus originates; and this change involves their decay and death. *The renovation of the tissues of the body is therefore the object of this exercise.*

*Exercise*, then, as we have seen, is the chief agent in the destruction of the tissues, but it is also the chief agent in their renovation, inasmuch as it quickens the circulation of the blood, from which the whole body derives its nourishment, the tide, on which is brought up all fresh material, and on which is borne away all that is effete and useless—brought up and borne away most rapidly in those parts which are being most rapidly employed, where disintegration is most rapidly taking place. Therefore, the strength of the body as a whole, and of each part of the body individually, is thus ever in relation to its *newness*.

THE SKIN is a covering of marvelously woven network, presenting millions of interstices and apertures, and each aperture is the open outlet of a duct or tube, which,

striking deep its convoluted roots among the underlying strata of blood-vessels, separating from the accelerated currents what might prove injurious to the health of the body, pours it forth from the myriad mouths. These skin exudations prove a most powerful aid to the acquisition of permanent health and strength, and notably so to the health, elasticity, purity and beauty of the skin itself.

It is apparent to all that this exercise contributes in a powerful measure to this very desirable result. It greatly increases the activity of the skin, causing it to be suffused with moisture, thus giving almost instant relief from a discomfiting sense of heat. This makes it highly valuable in summer, and it is about the only exercise that can be taken with comfort in warm weather.

Keep your circulation vigorous and active. Otherwise, the system will retain the poisonous refuse to the destruction of the tissues, and all the processes of life will be dulled, building up imperfectly the various organs, so that, ultimately, the stomach fails to digest, the liver to make bile, the kidneys to excrete urica, the brain to think clearly, the nerves to excite normally, the heart to beat regularly. Thus the weakest spot soon gives way, and recognized disease sets in, and very general and severe it must be. All this, the result of impaired circulation, Cumulative Exercise would have prevented. Cumulative Exercise will cure.

How often do we meet with those who, without organic disease, or functional disorder, still complain of being far from well! There is physical, mental and nervous prostration—a weakness or giving out of the powers, a disinclination or incapacity to perform physical labor, and inability to apply themselves mentally to anything difficult for any length of time. “I feel so tired all the time—knees weak—stomach giving out and failing to act; food don’t seem to do me any good; my hands and feet always cold; in fact, I seem to have very little blood, and what there is of it is poor and thin. I have tried almost every known remedy and means of cure without avail.”

Many will realize in this picture a similarity to their own case. Without taking space to fathom the causes, we would state briefly that the blood is poor, weak and thin, owing to a want of proper assimilation, the circulation unequal and imperfect, the muscles and nerve-centres lacking in tone and strength, in consequence, the brain partaking of this general weakness.

In the Health-Lift we have a safe, sure and permanent remedy. Thousands have testified to this fact. It has brought health, strength and healing to every part. The brain has acquired new vigor, the blood new life, and the individual finds a pleasure in living to which, before, he had been an entire stranger. If your condition is in any respect similar, try the Health-Lift from three to six months, and you will verify all we have said.

#### RESULTS FOLLOWING A GOOD LIFT.

You are breathing at least two buttons deeper, but not so fast. There is a gentle glow over the whole surface. As you put on your coat you rather wish Sampson were around, that you might show him a trick worth two of the gates of Gaza business. Out on the street you regard street-cars contemptuously, and the occupants of coupés with compassion. But you’re fearfully hungry, and dinner hasn’t been so welcome since you came back from the mountains. Your evening is the most enjoyable you’ve known for a long time, and contrary to your wont, you’re asleep as soon as your head touches the pillow.

Dr. J. P. Gulliver says: “If any commendations of Cumulative Exercise seem moderate and cold, it must be understood that they were probably written *before* lifting, when the system was sluggish and languid. If any of them seem too enthusiastic and extravagant, it can safely be taken for granted that they were written *after* lifting, when the blood was coursing freely, the lungs expanding, the stomach digesting, and especially the torpid liver, whose laziness is the cause of so much mortal woe, doing its work in the share of life.”

## A PLEA FOR THE LIVER.

THE best-abused organ in the human body is, undoubtedly, the *Liver*.

Does your mouth taste bad in the morning? Is your stomach "sour?" "Oh! you're bilious—too much bile in the system, you know. Take a blue pill and you'll soon be all right!"

Does your head feel dull, and ache "over the eyes?" Are you "blue" and grumpy—or dyspeptic or neuralgic—or troubled with dizziness, or "see specks," or "don't feel very well yourself?" "Your liver is torpid—that's what's the matter with you. A blue pill will straighten you out in no time!"

And so this great, big, overworked gland, with a double duty to perform, is blamed for what it does do, and for what it doesn't do; for doing too much and for doing too little, and is punched and spurred, accused and abused in a manner that none but a poor spiritless drudge would submit to.

The fact is we set it a harder task than making bricks without straw. We ask it to make bile without blood, and punish it with poisons when it fails to do so.

The younger FLINT has laid the Liver and its owners under obligation to him for all time, by teaching us what is the true function and office of this, the largest gland in the body, and the one most universally found in all animals. It was through his studies and experiments that it was first clearly shown what the *bile* is, and what its uses are.

Briefly, the waste matter of the brain and nerves is one of the essential materials out of which bile, to the extent in health of two and a half pounds a day, is manufactured. This waste nerve-matter, with other refuse, is *excreted* from (taken out of) the blood by the liver, transformed into bile, and poured into the intestines to assist in digestion and to prevent constipation and flatulence.

But the production of this waste goes on in the brain, two or three feet from the liver, and in every other part of the body

wherever a nerve-filament reaches, and the only way the liver can use this waste is by having it brought by the blood to its workshop. Manifestly, if the circulation of the blood is imperfect, the manufacture of bile will be limited, and then, usually, we pitch into the liver—a blue pill or a dose of calomel or of podophyllin.

Nor is the insufficient production of bile, and the consequent imperfect digestion, constipation and flatulence all the evil. This waste matter of the nerves and brain, if not thoroughly and promptly carried off in the circulation, acts as an irritant and poison to the tissues in which it remains, and hence headaches and neuralgia, or *aching of the nerves*.

Now, if there is any one fact more clearly understood and admitted than another in the wonderful and complex operations of the living body, it is that there can be no vigorous, or even negatively healthy circulation of the blood without a vigorous, tonic condition of the muscles. And this vigorous, healthy, tonic condition of the muscles can only be attained by their exercise or use. And so it is clear why sedentary persons suffer more from their livers than persons of active habits. It is also clear that so long as some persons must lead sedentary lives, and be debarred from active and diffused exercise, such persons must suffer, unless some substitute for diffused exercise be attainable.

Ten minutes CUMULATIVE EXERCISE, *once a day*, is not only a substitute for, but is better than any form of diffused exercise whatsoever—from free gymnastics up or down, through all the range of Indian clubs, dumb-bells, trapeze, bars, etc.

And it will do more to secure an open hepatic duct, a vigorous circulation in the portal system, and a healthy Liver, than all the antibilious pills ever peddled.

MORAL: *If you would avoid Biliousness and its attendant ills, let your Liver alone and attend to your Muscle.*



## QUESTIONS AND ANSWERS.

### The Health-Lift—What is it.

THE HEALTH-LIFT is an expression of the most advanced scientific experience in physical culture or development. It is the outgrowth and result of centuries of experiment in gymnastics, movement cures, passive and active exercise, training and all kindred means of using the muscular system. It is the simplest, safest and most expeditious mode of obtaining exercise. In the brief space of ten minutes all the muscles are gradually, thoroughly and symmetrically brought into action.

No other system pretends to do this; nor does any other system produce any such results. The Health-Lift, in its brief, carefully graduated and accurately weighed exercise, produces in the shortest time a symmetrical, harmonious development, in which the muscles of the loins and back are as strong as those of the arms and shoulders; the heart's action is strengthened and regulated, the lung capacity is doubled, and all the vital processes are harmonized and invigorated.

The Health-Lift produces a sense of buoyancy and exhilaration, allays nervous excitement, reduces the pulse and renders the respiration deeper, fuller and slower.

### What is Cumulative Exercise.

As the term implies, a system in which the muscular effort gradually increases or cumulates. An exercise in which the muscles are gradually aroused and strengthened. An exercise which may be taken with the body in a natural position, with perfect safety and without strain or wasteful nervous expenditure.

### What does Cumulative Exercise do.

THE effects produced by Cumulative Exercise are, first, general; second, special. The general effects are noticeable in a feeling of buoyancy, freshness and invigoration, immediately following the exercise. Cold extremities are warmed; headache, or sense of fullness in the brain is relieved; the surface of the body tingles; tired muscles feel rested; and a sense of renewed life and vigor follows the improvement of the circulation. This improvement of the circulation is not an acceleration or quickening of it in the usual way, by making the heart beat and throb hurriedly and tumultuously; but the circulation is equalized—that is, the

blood is drawn from parts or organs which have too much, and is distributed to those which are suffering for want of it. And this blood, "which is the life," carries in its current the great inciter of vital changes, "oxygen, whose presence is the indispensable condition of life." The contracting muscles absorb this oxygen in a sixfold greater proportion than when at rest. And this gives a stimulus and height to the animal life, similar to that caused by the inhalation of oxygenated air. By it the vital processes are quickened, buoyancy takes the place of depression, the lungs play more freely, and the breathing is deeper and fuller; the muscles are made tense and elastic; the eye is brighter, the brain is clearer, the whole system tingles and vibrates with a keener, sharper play of the life forces. The special effects are noticed in the action excited in parts or organs of the body which are unhealthy or diseased. The more thoroughly circulated blood, and the increased amount of oxygen absorbed by the muscular tissue, arouse and stimulate the vital changes by which the atoms composing the body are removed and replaced.

And as the body is thus rebuilt, under healthier conditions, unhealthy and diseased structures are the seat of unusual activity, until they regain a healthy normal standard—until, in short, Disease and Weakness are supplanted by Health and Strength.

### Who need it.

BRAIN-WORKERS, PROFESSIONAL MEN and all persons of sedentary habit, those who are sick, and able to take it, and those who are well and wish to keep so. By it they may relieve the head, rest and refresh the jaded nervous system, and furnish the digestive apparatus with the necessary blood wherewith to draw the juices and forces necessary for digestion. By it they may prevent dyspepsia, or cure it if already its victims. By it they may prevent paralysis and many other diseases of the nervous system, and frequently, if not too aggravated, cure them. By it they may secure a sense of freshness and buoyancy, and a capacity for the evening's enjoyment unattainable in any other way. By it they may insure a sound, refreshing night's sleep. And by it they may do more work, mental and physical, with less friction, less "wear and tear," than they could possibly do without it.



**Is the Health-Lift Suitable for Women.**

CUMULATIVE Exercise is especially beneficial for women, as it has a marked and specific effect on the pelvic viscera. It strengthens the back and pelvic region, it gives tone to the whole nervous system; it restores displaced organs to their natural position. It relieves all their weaknesses, and prepares them for the ordeal of childbirth in the most natural and effective manner.

There is scarcely an ailment to which women are subject in which this does not act as a specific, for the reason that many, if not most of the ails of women are the consequence of inertia and muscular weakness.

See article elsewhere, "Cumulative Exercise for Ladies."

**Has the Health-Lift a favorable effect upon the Condition of Pregnancy.**

VERY marked results have shown in every known case, where the exercise has been tried for a sufficient length of time to produce an effect upon the abdominal muscles and pelvic viscera.

Several cases are on record showing the following results: The disagreeable morning sickness during pregnancy, and other symptoms consequent upon the sympathetic relations of the uterus with surrounding organs, especially the stomach, have been almost, if not entirely removed. The sense of weight, pressure, neuralgic and sciatic pains, were greatly relieved and lessened, and the ability to walk much increased. The time of labor greatly lessened, previous labors being between thirty and forty-four hours, subsequently reduced to from three to four hours. The pains less frequent, and the patient much better able to bear them. Complications attending and following labor are much less likely to occur. The mother is able to transmit some of her improved health and vigor to the child, so that the results to the child are uniformly favorable. For this one thing alone, it is impossible to place a money-value on the Health-Lift. See cases.

**Should a Woman who has frequently Miscarried Lift.**

By all means. It is not only perfectly safe, but in most instances a sure preventive of a recurrence. See cases.

**Is it Safe to use the Health-Lift at the Climacteric Period.**

It has been found desirable and efficient in all cases that have come under our notice.

**Is the Health-Lift Suitable for Children.**

Not till after they have attained their tenth year. It is especially good for growing girls at the time of change.

**Will it Cure Dyspepsia.**

MUCH that is written in this book tends to prove that dyspepsia in all its hydra-headed forms, with all its attendant evils, in fact, for almost all troubles that affect any part of the alimentary canal, the Health-Lift is a specific—a safe, sure and permanent cure to this dreaded American scourge and all its relations.

**Will it Prevent the Tendency to Colds.**

TAKING cold is the most prolific source of disease. Keep your blood pure, your skin active, your functions in good working order by good food, cleanliness, and regular exercise, and you may thereby render your system impervious to colds and other forms of sickness.

**Will this Exercise Reduce Flesh.**

It will not make a large man small, but it will certainly remove *superfluous* adipose and reduce and restore to natural proportions, by creating more activity in the absorbents, and promoting healthy action of the eliminating functions. From three to six months of faithful lifting ought to remove from five to twenty pounds of excessive adipose.

**Will it Make a Thin Man Stout.**

Its tendency is certainly in that direction, when it is natural that a man should be stout, and when dyspepsia and other diseases which depend upon a want of action in the assimilative properties of the body have reduced his flesh. A man almost always gains by lifting, because his health improves. The writer gained over fifty pounds in one year. Many others have made considerable progress in this direction.

### Has Lifting a Pernicious or Dangerous Effect on the Brain, or Brain Diseases.

Not at all. Ordinary difficulties of the head and brain have been treated in a most satisfactory manner, when nothing else would afford relief. The machines are now being tried in one of the largest insane asylums in the country, the physician experimenting daily with thirty cases of every grade. The effects thus far have been highly satisfactory.

### Does the Health-Lift Produce Sleep.

It invites and restores balmy sleep. Ten minutes' exercise on the Health-Lift, just before retiring, is worth more than all the narcotics in the world. It effectually and permanently breaks up this bad habit of sleeplessness; and all who have been thus afflicted recognize in it a much-valued discovery. For this one difficulty we have sold nearly two hundred machines. Tired nature's sweet restorer—heavy weights.

### Does the Health-Lift Expand the Chest, and Increase the Capacity of the Lungs.

How can it be otherwise? Just before the lift effort is made, it is natural and necessary to inflate the lungs fully, and to hold the breath during the whole effort, which is quite long. As soon as the lift act is completed there is a natural effort to take several long breaths, which we always encourage and advise. This extraordinary use of the lungs will enlarge them, make them stronger and more healthy, and more capable of properly aerating the blood. By reference to cases and testimonials in this work, it will be seen that in several cases, well attested, the chest measurement has been increased from two to five inches. If the lungs are large, strong, and healthy, it is almost impossible for ill health to attack such an one. At least, more depends upon this than almost every thing else. Narrow chests and absence of deep breathing, are pretty sure to be accompaniments of ill health.

### What Effect has this mode of Exercise on Diseases of the Lungs.

In most cases salutary. It is so gentle that it will not do harm even where there exists hemorrhagic diathesis. Consumption in its early stages has no greater friend or more potent remedy than exercise. As a preventive of lung diseases, it has no equal.

### What is the Effect of Lifting on Persons Subject to Heart Disease.

It should first be stated that not one in ten who thinks he has heart disease has organic disease of the heart. It is apt to be functional, or some trouble of the stomach affecting the heart, owing to nearness and sympathetic relation. For every case of heart disease belonging to this class, the Lift is very good.

### Will the Health-Lift Cure Rheumatism and Neuralgia.

Though remote and obstinate by any mode of treatment, they are certainly amenable to this form. Rheumatism, though generally affecting the muscles, is a disease of the blood. Neuralgia affects the nerves. Both are affected by the improper performance of the functions, especially the liver and kidneys. The Health-Lift, by its marked effect on the blood and functions, will relieve especially, sciatica, and muscular and inflammatory rheumatism.

Even chronic articular rheumatism will be greatly benefited if the patient will have patience. A number of cases of stiff knees and joints, and fingers twisted out of shape, have, in six months, shown a remarkable change for the better. One case of chronic articular rheumatism was entirely cured.

Neuralgia, when not too remote, should yield, as, in many cases, the Lift will remove the cause. It has been tried in many cases of SCIATICA, some chronic and very severe, and I have never known it to fail in a single case. Heavy weights are here necessary.

### What Effect on the Bowels.

CONSTIPATION is relieved in seven or eight cases out of ten, and even the doubtful two or three, if persisted in. This most pernicious difficulty is affected in several ways. First, by the pressure on the abdominal walls; by the new tone and vigor given to the intestines and surrounding parts; by the increased flow of bile, and by the marked effect on the smaller capillaries, completely emptying them, both of which last are always followed by increased peristaltic action.

*Diarrhœa* is as effectually removed, the lift relieving the internal coating of the congestion and inflammation which causes it.

The sagging, bearing down, sense of weight and pressure, so common to the abdomen and bowels, are all permanently removed.

### Is the Lift a Remedy for Cold Extremities.

THE best and almost the only effectual one. The first effect noticed from the lift is the warming, tingling, pleasant sensation produced by the blood being sent to every part of the system, especially the lower extremities. It never fails in this, and one can but notice it from the first lift.

### What Change does this Exercise Produce in the Blood.

It quickens and increases the oxygenation of the blood; and through this increased oxygenation, and a more thorough and vigorous circulation of this fluid, are wrought the beneficial effects which have made this system a recognized branch of medical treatment.

### Does it Expand the Chest.

THE HEALTH-LIFT gives special expansion to the chest, to the extent of increasing its girth from one and a half to four inches, and of doubling its mobility, with a consequent increase in respiratory volume, during the first three months. It often will make a corresponding increase in the visceral cavity, especially in the region of the heart, stomach and liver.

### Is it Possible that Ten Minutes Daily Exercise on the Health-Lift is Sufficient.

It is. We contend that ten minutes on the Health-Lift is far better than a walk of several miles, or an hour or more in the gymnasium. A little experience will convince any one.

The economy of time in this exercise is no more to be marveled at than the application of the speed and capacity of mechanical action to the use of commerce, agriculture and manufactures, the improvement of the modes of traveling and the means of transmitting messages.

"You emphasize *once a day* as being sufficient. I often feel like taking it two or three times daily. Is there any harm?" No. If you feel like lifting often, do so; and in many cases this is more desirable. It will hasten recovery.

### Does it not Exhaust.

It is one of the commonest occurrences for a person to enter the Lift room, tired, depressed and languid, and to go away after ten minutes' exercise, rested, refreshed, buoyant and invigorated.

### Is there not Danger that the Lifting Exercise will Enlarge or Stiffen the Hands and Destroy the Mobility and Flexibility of the Wrists and Fingers.

There is not the least danger of any such result. On the contrary, violinists, pianists, artists, engravers and penmen testify that the exercise gives increased delicacy, accuracy and firmness to the fingers, hands and wrists. It will cure *pen palsy*. Ladies never complain of its spreading the hand. By a late change and improvement in the handle, it will not even harden nor produce callosities, especially where gloves are used.

### Is there not Danger of Strain or Injury.

THIS is a very common and natural question, and we are glad to be able to affirm, in the most positive manner, that out of nearly two thousand machines sold, and tens of thousands of persons who have lifted, we have yet to hear of *any case of injury*, beyond a temporary soreness of muscles, natural to any exercise, and which would pass away in a few days.

The reason is obvious. First, the position assumed is a perfectly natural one, favoring a natural condition of every organ and muscle. The weight is equally distributed: no organ or set of muscles is required to do more than its appropriate share of work, and as the chain is no stronger than its weakest link, the amount to be lifted must be governed by one's weakest organ or muscle. Therefore, lifting on a lifting machine, in the proper position, is perfectly safe.

### I have tried almost every thing in Vain.

Cumulative Exercise furnishes the most hopeful prospect of entire relief from many chronic ailments that other methods of treatment do not reach. A large number of the patients treated at our rooms belong to that class that have tried almost every thing in vain. Their troubles are decidedly chronic, and made worse by previous ineffectual treatment.

### Is it Complete in its Effects.

THIS system of exercise, in its practical application is *complete*, reaching every organ and fibre from head to foot; arousing all those parts



which are weak or diseased; strengthening, and preventing disease in the former, and expelling it from the latter; thus securing strength, health and symmetry by the same process.

### **Will not Lifting have a Tendency to produce Round Shoulders.**

ONE who lifts can not possibly get round-shouldered, nor allow his shoulders to droop, as it strengthens the muscles which hold the shoulders and trunk in the proper position. It is especially valuable in preventing this tendency in growing girls and boys. Lifters are generally proud of their erect carriage and finely developed shoulder muscles.

### **Do the Medical Profession Approve.**

DECIDEDLY. They recognize in it the most valuable aid to medical treatment, and give it hearty support and encouragement. Ask your family physician if these things are not so. See article elsewhere in this book "To the medical profession." They send to us and to our agents most of our patients and patrons. To the medical profession alone, we have sold a large number of machines for office and private use. See numerous testimonials from prominent physicians in another place.

### **What is Health.**

HEALTH is the uniform and regular performance of all the functions of the body, arising from the harmonious action of all its parts, a physical condition implying that all are sound, well-fitting and well-matched. Health is the power to work long, to work well, to work successfully.

### **What is Temperance.**

TEMPERANCE is corporeal piety. It is the preservation of divine order in the body. A vigorous circulation demands temperance in all things, and will not tolerate excesses of any kind.

### **Is not this Machine Complicated, and Liable to Get Out of Order.**

ELSEWHERE this question is answered thus: "It is so simple of construction that a child can adjust it and almost understand its mechanism. It does not break, wear out nor get out of order." This is almost literally true. It will even bear unreasonable abuse, but may easily last a life-

time without requiring repairs or alteration. We were never so fully prepared to affirm the above statements as now, as the machine has lately undergone important alterations, which have made it as near perfect as it is possible to construct machinery. The improvements lately made are of great importance in other respects as well, especially the *handles*.

### **Does one Actually Lift the Weight Indicated on the Reactionary.**

ALL machines are accurately and carefully tested before accepted, and none sent out except absolutely perfect in this as well as in all other respects. The accuracy of weight is proved in several ways, and is exactly the same as so much dead weight of iron.

### **How Long is it Necessary to Lift in order to Feel the full Benefits.**

THIS is a difficult question to answer definitely, as one may feel great benefit from the very first lift, another in a week, another in a month.

We always advise three months as a fair trial, just to the patient and the treatment, but even six months or a year should not be considered too long if you can secure the results claimed. The Lift works slowly, as all real beneficences do, and its demand of all is patient perseverance. Its object is to begin at the foundation, and work out every atom of poison in the system—to build up and reconstruct generally. Certainly this is worth labor, patience and perseverance.

### **Do not its Effects Wear off.**

THE beneficial effects of training by the process of cumulative exercise, are always the more evident the second year than the first; and so on, the longer we practice it. Its effects do not wear off, nor become less by constant practice, but are enhanced and become permanent. For this reason The Health-Lift is destined to become the universal system of physical education.

### **Is it Necessary to Lift Every Day.**

DECIDEDLY preferable, and in some cases twice, but a lift every other day, or even once or twice a week, is not without its advantages, and better than none.

### **Are Life and Health worth Saving.**

"ALL that a man hath will he give for his life" and health, *except* ten minutes once a day, to exercise on The Health-Lift.



# TESTIMONIALS.

## FROM PHYSICIANS.

More than 100 Reactionary Lifters have been purchased by Physicians.

From **Oliver Wendell Holmes, M.D.**,  
Professor of Anatomy, Harvard University.

My three months' experience of the Health-Lift has been entirely satisfactory. It furnishes a concentrated form of exercise which I have found salutary, agreeable and exhilarating. It calls the blood into the muscles and leaves them ready for further action, so that I have found myself more disposed to take a long walk after four or five lifts than before. I may add that the particular apparatus used at your rooms, "The Reactionary Lifter," is a most ingenious, convenient, compact and serviceable arrangement, by which the lifter's own weight is made to do service, and by an easy and simple adjustment of leverage, to furnish a resistance to be overcome, all the way from 20 to 1000 pounds and more.

From **Wm. W. Morland, M.D.**,  
Fellow of the Mass. State Medical Society.

AFTER a daily trial, under your directions, of the Health-Lift, during two months, it gives me great pleasure to express to you the very favorable impression it has made upon me. Lifting, as I now do, five hundred pounds, I have never felt the least strain, nor any other injurious effect. On the contrary, the sensations, after lifting, are only those of exhilaration, lightness, increase of muscular force, and a pleasant acceleration of the circulation. Those whom I have sent to you bear the same testimony. In fact, every one who gives the Reactionary Lifter a fair trial becomes fascinated with it.

From **R. C. Moffat, M.D.**, Brooklyn.

It gives me pleasure to present my testimony in behalf of Mann's Health-Lift. It is the most perfect compendium of exercise imaginable; particularly adapted to those of studious or sedentary habits, and to persons suffering from uterine and kindred weaknesses.

From **Lester Keep, M.D.**, Brooklyn.

From much experience, I have formed the opinion that the Health-Lift Exercise is one of the quickest, cheapest and most thorough known. By the lift-act you accomplish many things. You control the arteries and veins effectually. You equalize the circulation in all the blood-vessels, and thus relieve congestions, the great source of debility and trouble with most invalids. But much more than this; it controls eminently the vital forces, and equalizes their distribution. Parts having an excess of vital action are relieved, and those deficient are most happily supplied.

From **Horatio Gomez, M.D.**,  
Physician to the N. Y. Dispensary.

FROM my experience of the benefits to be derived from a systematic and intelligent use of the "Lifting Cure" in general, I would particularly state in reference to your special machine, that after having used it for some four months myself, I am fully satisfied that in its effects it is equal, if not superior, to any other with which I am acquainted, while for cheapness and portability it is equaled by none.

From **Caroline B. Winslow, M.D.**,  
Washington, D. C.

HEARING of the Health-Lift, without any faith and with very little interest, I began to exercise on the Reactionary Lifter. *Its effect was magical.* It aroused every dormant organ and muscle in my body, quickened my circulation, increased my appetite, and improved my whole condition of mind as well as body. I improved rapidly in strength, and, no longer in a chronic state of weakness, can walk *better, further, and faster* than for years. I now do my former amount of business. *Can and do* walk from twenty-five to thirty squares a day with more ease than I could have walked *two* squares three months ago. Altogether I am a

physically regenerated woman. I find the Health-Lift exercise equally useful with my patients suffering from chronic diseases of liver and stomach, in spinal weakness and irritation, in spinal curvatures and muscular and nervous debility, and esteem it a blessing that can not be overestimated in its usefulness—a healer of the sick and a useful exerciser and developer of the well—very superior to any known system of gymnastics or calisthenics, where carefully and judiciously used.

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From Frank W. Reilly, M.D.,

Inventor and Patentee of the original Health-Lift.

The improved Reactionary Lifters, received from you, have been subjected to a variety of tests, the most important of which is their continued use for the past three months by a number of persons, with the most satisfactory results.

For myself, the inventor and patentee of the original Health-Lift—as distinguished from Windship's Shoulder Lifter, and the Boston modification of the old cross-bar lifting machine of the gymnasium—I found some difficulty in admitting that the Reactionary could be *quite* so good as my own bantling. But there is an old adage about "the proof of the pudding," etc.; and after watching the effects both in my own case, and in the number of others who have used the Reactionary under my charge, I have no hesitation in saying that the results produced are quite as beneficial and satisfactory as those that I *know* follow the Health Lift. For convenience, ease of adjustment, range of weight and avoidance of the *corkscrew effect on the spine* (produced by the use of the cross-bar apparatus for centre-lifting), the Reactionary is fully equal to the side-lifting Health-Lift: while in portability and cheapness it is its superior.

The "moral effect" of lifting visible masses of iron, that at one time I attached some importance to, has been shown by these tests to be a mere bugbear, and entirely unworthy of consideration.

Of course, there can be no comparison between the Reactionary and any form of spring apparatus—multitudes of which have been in use from the very earliest days of the lifting exercise up to a recently patented device now on sale, I understand, in your city. But these have all been found wanting and condemned.

From Lawson A. Long, M.D., Buffalo, N. Y.

It is now five months since I purchased a Reactionary Lifter. I was desirous of trying its effect upon my own case as well as some others that had baffled the skill of the best medical men. My own case was one that I considered hopeless, and I could get no encouragement from the best medical authorities. For eighteen years chronic cystitis, attended by inflammation of the prostate and urethra, has rendered my life at times an intolerable burden. I have often recalled Professor Gross' words, when speaking of this condition of things, "The poor sufferer lingers out a miserable existence until death comes to his relief." After exercising three months I found myself in an improved condition, and since that time I have been more comfortable than at any time since I broke down, am quite free from suffering, general health good, and am lifting 550 lbs. at present. I expect now, by perseverance, to rid myself of all my physical infirmities. If I am enthusiastic in my praises of the Health-Lift it is no more than gratitude demands. During the above-mentioned time I have watched with great interest the effect of cumulative exercise upon seventy different cases. In every case the exercise proved agreeable as well as beneficial. This I of course expected; but I must confess that I was astonished at the wonderful potency of cumulative exercise in reaching and relieving chronic infirmities of long standing. Whatever has been said or written before concerning the Health-Lift as an adjunct in the treatment of disease, or of its unaided power to arouse the vital energies of the human system, in my opinion the half has not been told. In some of the worst cases the result of a few weeks' exercise was unexpectedly successful. In fact, it seemed almost incredible to me. The sufferers themselves look upon their restoration to health as bordering on the miraculous. All physicians admit the value of exercise, but few realize the benefit to be derived from scientific or cumulative exercise, systematically taken through the medium of the Health-Lift. It has been a new revelation to me, as well as to other medical friends, who have with me been looking into this subject. We find that the happy results obtained are not miraculous. The benefit received is the reward of obedience to physical law. Action encourages vitality. I firmly believe that the time is not far distant when the Health-Lift will receive the attention due to its merits. It will soon be found in the office of every intelligent physician, and in families whose means allow the luxury of a piano.

From David Wooster, M.D., San Francisco.

The beneficial effect of the Health-Lift is appreciated when it is understood that it is only by muscular contraction that arterial capillaries are emptied, and that immediately after such contraction these same capillaries must be re-filled with arterial blood fresh from the lungs, through the left side of the heart—that is, newly oxygenated blood. Constipation is cured by this process; that is, by completely emptying the small arteries of the alimentary canal during muscular contraction, which, by a well-known physiological law, is followed by increased peristaltic action. (See *Radcliffe on Pain*, p. 147.) This explains how the "Lift" cures functional diseases of the liver, spleen, pancreas, stomach, etc. It cures by causing a more complete renewal of arterial blood in the finest capillaries than can be secured by any other known means.

The method of Cumulative Exercise, as practiced on the Reactionary Lifter, is most thorough in uniform, simultaneous tautening and development of all the muscles of the body. I do not hesitate to unqualifiedly commend the exercise and the apparatus to all persons suffering from dyspeptic or rheumatic affections, and to every person of sedentary employment, who—now possessing average or "passable" health—desires to obtain and enjoy the fullest vigor and efficiency of which his (or her) constitution is capable. Using the Reactionary Lifter, there is no risk of spinal curvature or other distorting of the human frame—a danger appertaining to the exercise when taken on the machines which antedate Dr. Reilly's and Rev. Mr. Mann's inventions. If the clergymen, lawyers and clerks of San Francisco generally, knew of the virtues of the physical training you offer, your rooms would be constantly thronged with patrons.

From C. Peckham Fitch, M.D., New-York.

Conscious of the great good derived from Cumulative Exercise, and having used the Reactionary Lifter for more than two years, it gives me great pleasure to state that I regard it, when properly and continuously used, as fraught with immediate and lasting benefit. For dyspepsia, torpid liver, kidney diseases and rheumatism, it is a very important agent as a means of cure; while to those of sedentary habits, it is almost indispensable for the maintenance of health. It develops by gradually increased physical effort the entire muscular structure, and imparts tone

and vitality to the entire organism. To the feeble it is a *sine qua non*, to the strong it is at once *recreation and protection*.

From S. S. and S. E. Strong, M.D.,  
Remedial Institute, Saratoga Springs.

It gives us pleasure to commend Mann's Reactionary Lifter as an elegant and satisfactory appliance for a very *valuable form of exercise*.

We have used this machine in connection with our other remedial appliances in our Institution, and have found it of benefit to persons of weakened muscular structure and of sedentary habits.

From Robert Hamilton, M.D.,  
Medical Institute, Saratoga Springs.

My experience of the Health-Lift (Mann's Reactionary Lifter), has been entirely satisfactory. It is one of the best forms of exercise I have ever seen, and it possesses all the merits that are claimed for it. It quickens the circulation, increases the muscular force and produces a sense of buoyancy and invigoration. I have one in my Institute, and recommend its use among my patients.

From Clayton Keith, M.D., St. Louis.

I do not hesitate to commend it to persons suffering from diseases incident to a want of exercise, and to all persons *engaged in sedentary employments*. It develops and hardens the muscles, strengthens and steadies the nerves, and tones up the whole physical system, thus enabling it to resist disease. *I speak from experience.*

From Pusey and Mary H. Heald, M.D.,  
Hygeian Home, Wilmington, Del.

We have had one of Mann's Reactionary Health-Lifts in use in our institution for two years, and are more than willing to add our testimony in its favor, as a most important adjunct in the hygienic treatment of many forms of chronic diseases—if judiciously used. As a means of exercise for persons leading lives of a more or less sedentary character, we believe it to be very beneficial.

From Adrian J. Ebell, M.D.,  
Prof. Physiology, Hom. Med. Coll., New-York.

It is the best means of concentrated and physiological exercise of the entire system I have ever met with in this country or in Europe. *It merits success.*



From **William L. Barrett, M.D.**, St. Louis.

It supplies, with wonderful perfection, a necessity that has long been felt by physicians, and will, I am sure, prove to be an invaluable adjunct in the treatment of chronic diseases, especially those engendered and promoted by sedentary habits of life, and by luxury and indolence—causes to which perhaps one half of all chronic ailments are due.

My practical experience warrants the conviction that nothing I can say in praise of it as a safe, efficient and health-promoting exercise, is beyond the measure of its great deservings.

From **Charles H. Shepard, M.D.**, Brooklyn.

Knowing so many who have been benefited by the Reactionary Lifter, and the reasonableness of the theory of its application, convinces me that its judicious use is very beneficial in a large variety of cases.

From **C.-S. Woodruff, M.D.**, Troy, N. Y.

After three months' exercise upon the Reactionary Health-Lift, I take pleasure in commending its great utility in the promotion of good health.

From **D. G. Overand, M.D.**, Springfield, Mass.

After two months' experience at the Health-Lift exercise, I find myself very much improved in health and vigor. When I first began to lift, I was suffering from indigestion and general debility, together with nervous prostration and indisposition to attend to business, the result of a relaxed and weakened condition of the muscular system, which the Health-Lift has wonderfully improved in the above brief experience. I can therefore safely recommend it to all who are suffering in any way from an enfeebled constitution and low state of health, together with an untuned condition of the nervous system, to give it a fair trial and judge for themselves.

From **W. G. Holland, M.D.**, San Francisco.

In cases of female weaknesses, the remedial and strengthening benefits of lifting on the Reactionary Lifter are very remarkable.

I have known the most obdurate cases yield to the curative effects of the exercise in less than two months while thoroughly restored and exceptionally vigorous health has been obtained within

three months by ladies who had been invalids for years. Of the many patients that I have sent to the Health-Lift, not one has failed subsequently to express gratitude to me for the direction. The spine-twisting dangers of the Butler Lifting Cure are wholly avoided by the Reactionary.

From **F. F. De Derky, M.D.**, Indianapolis.

It is the best means known to me for the development of physical strength, as well as for the restoration and preservation of health and vigor. Its effects are based on correct physiological principles.

From **Dr. Dougherty**, Newark, N. J.

I am satisfied that for indigestion and nervous disorders, there is nothing better. The principle involved is that of putting all the muscles equally on the stretch and thus toning them up. Having tried it myself for some time, I can speak from experience of the bracing effects which follow the daily practice of the Health-Lift. I am confident that the whole army of bank clerks, book-keepers, and business and professional men, as well as women, would be greatly benefited by a persistent course of exercise.

From **C. H. Hughes, M.D.**, St. Louis.

I am pleased with it as a harmless means of uniform and general muscular development, and as a system of healthful exercise for the debilitated, superior to any other.

From **A. Schroeder, M.D.**, Highland Falls.

Before commencing the use of your Reactionary Lifter I had ordered a coat of my tailor, but did not go for it until I had had two months' experience in cumulative exercise, when, to the tailor's astonishment and my own, the coat was altogether too small, I having increased four inches in the girth of my chest, by actual measurement, in that short time.

From **H. O. Gatehell, M.D.**, Kenosha, Wis.

I consider the Reactionary Lifter one of the most valuable inventions of the times. I will make every possible effort to recommend its use and promote its sale.



## FROM CLERGYMEN.

Nearly One Hundred Reactionary Lifters have been sold to Clergymen.

From Rev. J. F. W. Ware, D.D.,

Pastor Arlington Street Church, Boston.

Dr. Ware has been a regular, paying subscriber at the Boston Agency of the Health-Lift Co. for three years, and is, therefore, qualified to speak, and has done so solely with the view of interesting others in what he found of great benefit. He was under no obligation to write, and did so unsolicited. His article appeared without the knowledge of any one interested. These significant facts should give great weight to every word it contains.

In common with many others, I had heard vaguely of this thing, with the same sort of vague indifference or skepticism with which one almost always hears of new things. The chance word of a friend at the right moment—the word in season—followed by the prompt “*come with me now*,” led to the mysteries and the blessings of the Lift.

Never shall I forget the sensations of my first lift and my introduction to parts of myself unknown or forgotten.

It sent a glow all over the body that was as luscious and cheery as any that have been told of by the Turkish bath enthusiasts, and then—I am afraid it may betray me—an exhilaration purer and more subtle and enduring than that of best champagne. My experience has been a record of many joys, joys that come of soothing and strengthening to a fagged brain, and a weary body, and a pestered soul. I take my lift before my late dinner, when the day's work is done. I carry to it whatever weariness the day has made—of body, of brain, of heart—and I go away another than the man I came. Headache, limhache, heartache are gone, or toned down to easy hearing, and a new counteractant vigor set at work in all the pulses. It seems to get behind the heart, and bolster that first seat of power and action. IT IS THE BEST OF REST.

The Health-Lift is the gradual, easy, complete waking up of every torpid molecule in brain, liver, and blood, the sending through and possessing the entire man with a new sense, a recreating him then and there, so that he turns from his few minutes at his Lift a new creation.

It rouses the universal lethargy of the body; it sends the stagnant blood to the places nature intended it for; ronts it from its hiding, its loafing places, and sends it to its duties; it removes surplus fat or distributes it; it decreases the girth of men growing portly and increases the girth of the lungs of men growing hollow;

it helps digestion, increases the power and endurance of the voice, and sets one up generally. These are things whereunto I individually bear witness. Others have their other say. As I walk from my lift into the air I feel as if I could carry Atlas—his load—without stooping; I feel life down to the uttermost filament of my lungs, the glory and the joy of mere being. I feel so perpendicular as if I must be nadir and zenith to the universe. Amid all summer luxury and enjoyment I have felt the need of and have missed my daily lift.

If we were only doing about these bodices somewhat near what we ought to do, every community would have a lift-club and careful attendant. It should be a public institution as much as a school is. It would be to many a man an addition, if not to the length of his days, to the value of his life; would furnish him with sensations, the like of which he has not had since he parted with the suppleness and the enterprise of boyhood. It will renew lost vigor better than voyage or nostrum; but the better work of it may be in keeping one from losing the vigor which at best is slowly regained, in pursuit of which so many lose the patience, perseverance, and faith which are vital to recovery. The Lift works slowly, as all real beneficences do, and its demand of you is patient perseverance.

It would be a great thing to have these Lifts attached to hanks and buildings where many men are employed, who are burning life out at both ends; it would be a great step in political shrewdness to plant them next door to where young men do congregate, rather than the too eager and tempting saloons. Fathers would do well to send their growing boys and girls. Parishes would be wise if they made it a part of their duty to see that their minister took his Lift, and paid his bill for it to boot, if he be not able fairly to do it himself. And as things go, it would not be a bad idea to attach a Health-Lift to the church appointments, kitchens and parlors to set up the social thing that a man is even in his religion; why not set the man up in the physical things that he is, and that his religion needs him to be? A good lift of a Sunday morning before going to church would have a wonderfully clearing influence. There would be less sleeping, less indifference, less fault-finding better chance for real good all around. We should have men, women, ministers roused, wide awake, alert, good-humored and making

the best of themselves and of everybody else. There isn't a great deal of use in talking about worshipping in spirit, when the body is tormenting you with its apathy, and the only real incense you lay upon the altar is an indigestion. I believe in worship and all that, but my creed is not complete until I have written it—I believe in the Health-Lift.—*Atlantic Monthly*, Feb., 1875.

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From Rev. Howard Crosby, D.D., LL.D.,  
Chancellor of the University, New-York.

I like very much the Mann Health-Lift. We have used it for two years in our family, with clear advantage to our physical well-being.

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From Rev. Robert Collyer, D.D., Chicago.

I went to the Health-Lift because, notwithstanding in otherwise robust health, the exertion necessary to reach with my voice every part of our large church began to fatigue and distress my lungs and chest. I found the lifting of great use, and was soon able to do, easily, what before cost much effort.

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From Rev. J. A. M. Chapman, D.D., N. Y.

Having tested the virtues of the Reactionary Lifter, I take great pleasure in stating that it has been of the greatest service to me. I know of nothing so well calculated to *recover* and *maintain* the vigor and health of the system. I most heartily recommend it to all whose occupation does not sufficiently afford physical exercise.

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From Rev. J. H. Rylance, D.D., New-York.

The Health-Lift exercise proved of immense benefit in my case, in the way of mental and bodily invigoration. I have never failed to commend it, when occasion has called, especially to those whose habits are of a sedentary character.

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From Rev. Starr H. Nichols, D.D., Phila.

For five years I drew my weary breath, writing less, reading less, and enjoying less from year to year, till at last the physicians absolutely forbade my continuance in professional labor. During these years I had tried nearly every method of cure. Allopathy, Homeopathy, Hydropathy, were applied to in vain. Horseback-riding, light and heavy gymnastics, were faithfully used, to no purpose. Long hours of sleep, with perfect rest and easy recreation, profited me as little. Travel, under favorable circumstances, was my last resource, and from a protracted tour, I returned home worse than ever. I began

to feel that there was no hope of recovery, but having business in Chicago, my attention while there was called to THE HEALTH-LIFT, to which I had immediate recourse, with almost immediate relief. In three weeks I was better, in three months I was happy. My appreciation of the Lift can not be too confidently stated. It seems to me there is nothing better under the sun for *all* the ills that flesh is heir to. Being a constitutional remedy, it seems to be good for *everybody* who can stand, and lift—whatever their particular complaint. I should prefer a REACTIONARY LIFT in my study to a horse in my stable, or a piano in my parlor. I would even sell half my books rather than not use one.

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From Rev. J. P. Gulliver, D.D.,  
President Knox College.

I believe I have never attached my name to any recommendation of a medicine, or of any curative process of any kind. It has always seemed to me that such recommendations, even when honestly and intelligently given, are usually very improperly used, by inducing unreflecting persons to believe that what seemed to be successful in a single case, and under peculiar circumstances, is applicable in all cases, and under all circumstances.

I have no hesitation, however, in breaking over my rule in commending the Health-Lift. No claim is set up for it which is unscientific or impracticable. As I understand the matter, its aim is simply to arouse to the highest possible effort, once a day, and for a few seconds at a time, all the functions of the muscular and vital system. This is done in such a manner as precludes the possibility of a local strain, except in cases of special disease or injury. The effect of this unusual summons upon the physical system is really wonderful, though after its reality has been established by experiment it is easily accounted for. The stimulus it gives to the circulation, to the lungs, the stomach, the liver, and the other vital organs, is such as to develop with great rapidity, the power of the physical system. Many who have commenced this practice by lifting three hundred pounds, with the utmost exertion of which they were capable, have increased their lift gradually, until they have been able to raise eight hundred, and even one thousand pounds, with less effort than they required for their first lift. So it constantly happens that, in a succession of four lifts, taken at one time, the last will be made with much less exertion than the first, though perhaps twice as heavy. This development of *vital*, as

distinct from mere *muscular* force, I consider the great merit of the Health-Lift.

It is easy to understand, with this explanation, how this system acts in the cure of disease. Every intelligent person understands that medicine does not cure disease, except indirectly, by arousing the curative power of nature. If the Health-Lift develops this vital force—this *vis medicatrix nature*, as the doctors call it—then it must cure disease, and the cure will not be mere relief, but it will be a constitutional cure, thorough and permanent.

All the facts which have come to my knowledge correspond with this theory. I am prepared to believe the statements of the most enthusiastic and grateful of your patients. The effects which I myself have experienced, and which I have witnessed in my family and among my friends, fully corroborate the favorable estimate of others. If any of these commendations seem moderate and cold, it must be understood that they were probably written *before* lifting, when the system was sluggish and languid. If any of them seem too enthusiastic and extravagant, it can safely be taken for granted that they were written *after* lifting, when the blood was coursing freely, the lungs expanding, the stomach digesting, and especially the torpid liver, whose laziness is the cause of so much mortal woe, doing its share in the work of life. In other words, the strong testimonials are the healthy, sound, judicious and veracious opinions; and the feeble ones are the morbid, bilious, melancholic and altogether untrustworthy ideas of people who need the Health-Lift to make them wholly sane and sensible.

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From Rev. J. N. Backus, D.D., Brooklyn.

Mann's Health-Lift furnishes the most perfect exercise for persons of studious or sedentary habits, because the most *thorough* and yet the most economical of time. It so commands and equalizes the *vital forces*, as to give strength to the weaker parts, and to the *weary rest*. Its healthful influences, although not always comprehended, are always felt by those who use it. We commend it with pleasure because of confidence.

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From Rev. Chauncey Giles, New-York.

I have used Mann's Reactionary Lifter for several years, and continue to use it in my family. I have, also, personal knowledge of many ladies and gentlemen who have used the Lift Cure with great advantage. I have no doubt that it has added to the length of my life, and

largely increased my capacity for work. It possesses the most important requisites for women and all persons of sedentary habits. It equalizes and strengthens the circulation, gives tone and vigor to the nervous system, and tends to keep all the organs in vigorous and orderly action. From personal experience and knowledge I am confident that a judicious and faithful use of the Lift will result in the preservation of health, and in a large and permanent increase in vital force. There can be no doubt as to the value of this system. The convenience of having it in the house is very great to me.

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From Rev. A. J. Frost, D.D., Pastor University Place Baptist Church, Chicago.

I know of nothing so perfect for determining blood from the head after protracted brain-work as Mann's Health-Lift.

The blood that goes surging into the brain *during* the hours of mental application, is made to send its current downward to the muscles *at once*, and give *immediate relief* to the tired and aching head. In fact, it seems as if the weariness had been wiped out of the head, so immediate and refreshing is the effect.

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From Rev. S. H. Howe, Georgetown, D. C.

I find in the Reactionary Lifter all I could wish. Have experienced a very wonderful toning up of the muscular system. It takes the place of the former necessity for long walks, and has proved a wonderful economy of time. It has, in positive benefit, exceeded all my expectations.

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From Rev. E. N. Sawtelle, D.D., Brooklyn.

More than two years ago I purchased one of your Reactionary Lifters for our youngest daughter, who had been in feeble health for years. That daughter is restored to health, and wherever she goes the Lift Machine is her companion. My family as well as myself have strong faith in it as a restorative power.

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From Rev. Robert Holden,

Rector of Trinity School, New-York.

The benefits I have derived from the Health-Lift are *immense*. Amid severe labors, which would otherwise have completely prostrated me, this exercise has not only given me strength to go through with them, but has, at the same time, caused me to enjoy a degree of physical health unusual to me for years.



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From Elder Miles Grant.

It is admirably adapted for the object designed. It is cheaper, smaller, more easily adjusted, and more effective for good, than any thing of the kind we have ever seen. *It is a well-settled fact that the "Lifting-Cure" is one of the best means of restoring and preserving health.* We would recommend all to try it who can have the opportunity. Every family should have one of these lifts. If their value was only known, many families would be willing to lay aside their costly furniture, or apparel, for the sake of getting the "Reactionary Lifter."

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From Rev. A. P. Foreman, D.D., St. Louis.

I have been using your Reactionary Lifter now, for about six weeks, and like it very much. I believe its use would be a great blessing to our ministers. I have been the victim of nervous prostration, dyspepsia, and dumb chills, and was laid aside, for twelve months, from the work of preaching. My health is gradually improving, and I now have charge of a church. I keep my Lifter in my study, and exercise on it quite regularly.

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From Rev. Geo. W. Bicknell, Portland, Me.

For me the Health-Lift has done *wonders*. During the war I was wounded in the head. For about ten years I suffered much from a pressure resulting therefrom. There was no exercise which I could take which would quicken the circulation of the blood in the part injured. Very often the pressure became so great that I was unable to perform my duties. There was no time that I was free from suffering. A year ago, I commenced the use of the Reactionary Lifter. I soon found that I was receiving great benefits from the exercise, and that it was just what I required. One of its marked features is, that at its close, instead of feeling weary, one is invigorated and refreshed. Exercising regularly the pressure in my head grew less, until, in a few weeks it was almost removed, and I felt like a new man. My strength has been more than doubled, enabling me to raise 650 pounds as easy as I could lift 300 in the beginning. I can not speak in terms of too high praise for what it has done for me, while its beneficial effects upon others, whom I have seen improving by its exercise, have been almost wonderful. To people of sedentary habits, even in health, its exercise must be in the highest degree beneficial.

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From Rev. Jonathan Bastow, Port Chester.

So sensitive has been my nervous system, that to guard that has been one of my chief concerns for years. I have tried all forms of exercise, and yet before they had reached a point vigorous enough to be of any profit, my nerves have been prostrated. I have used the "Cumulative Exercise" now for six months, and yet have never had my nerves unpleasantly excited; but, on the contrary, I have obtained through it quiet and sleep when I have been perturbed and nervous, which nothing else I know of could have given.

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From Rev. W. F. B. Jackson,

Rector Church of Our Saviour, Chicago.

It has restored my voice and vastly increased my lung capacity, in less than three months.

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From Rev. W. H. Ryder,

Pastor, St. Paul's Church, Chicago.

So far as three years' personal experience and observation of the Health-Lift enable me to decide, I believe that this system is perfectly safe and efficient, in making the entire organism healthy and strong.

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From Rev. Lyman C. Howe, Troy, N. Y.

The Health-Lift is decidedly the *safest* and *cheapest* medicine yet discovered. From a short experience of six weeks, I have derived much benefit. My strength has increased fifty per cent, and a general physical improvement in proportion.

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From Rev. E. J. Goodspeed,

Pastor Second Baptist Church, Chicago.

I have been using the Health-Lift for some time, and find it so agreeable and useful that I take considerable trouble to come from my house to enjoy its exhilarating effects. I believe I owe much to its use.

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From Rev. C. D. Helmer,

Pastor Union Park Church, Chicago.

Beginning the exercise of the Health-Lift as a sensible and convenient mode of exercise, rather than as a means to remove positive disease, I have come, after more than a year of persistent use, to esteem it highly on both accounts. The effect of this scientific mode of lifting upon the nervous system has been very striking and very beneficial in my case. The

nervous prostration on Tuesday, consequent upon the severe labors of Sunday, has been greatly relieved. The Health-Lift has become indispensable to me. I look to see it adopted very generally in stores, offices and banks, and even private houses, as commonly as pianos now are.

From Rev. Wm. W. Page, Troy, N. Y.

My experience with the Lifter has been that of an invalid confined mostly to the house, and,

therefore, of necessity, using it too irregularly to develop its full capacities. But it has been to me a source of great temporary comfort, and a conservator of failing vitality. I indorse it heartily.

From Rev. J. C. Ager, Brooklyn, N. Y.

I have used one of your Reactionary Lifters about six months, and still continue its use. I find its effects to be in every way most excellent. *No man of sedentary habits can afford to do without one.*

## FROM EMINENT LAWYERS.

From George Ticknor Curtis, Esq., N. Y.

I have used the Reactionary Health-Lift Machine for nearly a year, and consider it the best mode of taking special exercise that I have ever known. Its effect in improving appetite, digestion and sleep, is wonderful. It is particularly valuable for the refreshment it affords to all who work with their brains, in whatever form of occupation; restoring at once the nervous energy when exhausted by labor or any other excitement. He who can lie down to sound sleep after an exhausting day of toil, and can rise to another day of work, morally certain that he has the means of securing another night of repose, has made an important acquisition, which I am persuaded is within the reach of any one who will avail himself of the benefits of this machine.

From Hon. Geo. S. Hillard, Boston.

I have used the lifting cure under the direction of Dr. Paul, Boston agent for the Health-Lift Co., for about six months, and can recommend it as a good and healthy form of exercise. It quickens the circulation, increases the muscular force, and gives to the whole system a sense of renewed vigor. It is particularly to be commended to those whose habits are sedentary. But in order to secure its good results it must be pursued regularly and as a matter of duty, and not occasionally and as a matter of impulse. In general a man needs such exercise most when he feels the least inclined to it. Such disinclination is the result of a low tone of the system, which a good lift will help to improve.

From Hon. W. F. Allen,

Judge Court of Appeals, Albany, N. Y.

I have for many months used the Reactionary Lifter, and have found in it all for which it

was recommended. It has accomplished for me all that was promised. It has given me exercise without exhaustion, and tone to my circulation. When fatigued, a resort to the Lift always refreshes and invigorates my whole body. *I consider it invaluable.*

From Judge Henry Hilton, New-York.

I use the Reactionary very irregularly; but often enough to like it, and think it beneficial in its effects.

From Judge Henry Booth,  
Circuit Court, Chicago.

I have been troubled for many years with neuralgia in my head, which, at times, laid me up for days. In addition to this, I have been troubled with numbness in my arms and hands, which had become serious. I commenced the Health-Lift exercise July 2d, 1869, and have followed it faithfully ever since, with very few interruptions. I am entirely cured of numbness of my arms and hands. I am very much better of neuralgia; attacks are less frequent and less severe. My digestion has been greatly improved, and I am better and stronger than I have been for many years. I have great faith in this exercise, and cordially and earnestly advise all men and women to give it a fair trial. I consider it an invaluable blessing.

From Hon. John M. Francis,  
Formerly Minister to Greece.

The Health-Lift has afforded me the benefits of a healthy exercise. A three months' trial has convinced me that it is a good thing.

From Judge Jared Patchin, Detroit.

I have used your Lift for over one year, and could not be induced to part with it. It is all that is claimed for it.

From **Hon. M. F. Tuley**,  
Corporation Counsel, Chicago.

Having been, for many years, engaged in the practice of law, I found myself, in the spring of 1869, suffering from continuous and violent headaches, caused by too excessive application to my profession. I was induced to try the Lift. Found great relief from my brain troubles in the course of two months, and have steadily improved since. I regard it as an absolute necessity for all brain-workers who wish to continue their occupation for any number of years.

From **Judge S. B. Gookins**, Chicago.

Some years before beginning the HEALTH-LIFT exercise, an attack of pleuro-pneumonia had resulted in the formation of adhesions, by which, as physicians explain it to me, a portion of the lungs had become attached to the walls of the chest and rendered useless. The HEALTH-LIFT restored these affected organs to their normal state, and did me good generally. It completely arrested a tendency to dyspepsia, which had been growing upon me for some time.

From **W. J. A. Fuller, Esq.**, New-York.

I am fifty-three years old, and inherited a vigorous constitution; but, for over twenty years have had a repugnance for exercise. Two years ago this want of exercise told on me. I felt jaded and had a fullness of blood in the head, and was also troubled with hemorrhoids. I began lifting at 500 lbs., and in less than two months I had lifted 1150 lbs., the hemorrhoids were cured and my capacity for work very greatly increased. After lifting I had an exhilaration of animal spirits that made me feel like taking

every man I met and throwing him across Broadway. I look upon lifting as the best possible and most convenient form of exercise for a physically lazy man. He can in ten minutes take all the exercise necessary for twenty-four hours. For two years I have never had a headache which I could not lift away in ten minutes. My wife and children have also used the lift with the best effect. No man can say too much in favor of lifting.

From **Charles M. Keller, Esq.**, New-York.

Having used the Reactionary Lifter for some time past, it gives me pleasure to say that its effect is to promote health and impart a most agreeable vigor to the whole system. I cheerfully recommend it to all persons of sedentary habits, as affording at once the cheapest and best exercise within my knowledge.

From **Clement B. Penrose, Esq.**, Philadelphia.

After six months' trial of the Reactionary Lifter at the rooms of your company, I am so well satisfied with its merits that, but for the fact that I prefer having the benefit of your supervision and instruction in its use, I should certainly buy one for myself. As it is, I should be very sorry to discontinue an exercise which has been so serviceable to me.

From **Edward Hopper, Esq.**, Philadelphia.

When I first went to your rooms, the simplicity of your method made me distrust its merits; but my experience with it convinces me that it is an ingenious and excellent mode of exercise. It promotes sleep and refreshes the whole system.

## FROM PROMINENT INDIVIDUALS.

From **P. T. Barnum, Esq.**, Bridgeport, Ct.

I do not know what I could have done for the restoration and preservation of my health, had it not been for your Reactionary Lifter. An accumulation of business three years ago, set my brain a-whirling. I had frequent dizzy turns, numbness in wrist and spine, headache, etc. Medical treatment proved ineffectual. A month's daily trial of the Health-Lift at your rooms afforded great relief. I bought a machine and use it regularly every day. It keeps my brain cool, gives me new life and vigor, adds vastly to my comfort, and I doubt not it will materially prolong my days.

From **Henry B. Hyde, Esq.**,  
President, Equitable Life.

I take pleasure in testifying to the good qualities and effects of the Reactionary Lifter. I believe my health has been much benefited by its use.

From **R. H. Lowry, Esq.**,  
President Bank of the Republic.

I have used the Reactionary Lifter over fifteen months. The result is that my health and strength are greatly renovated. I cheerfully recommend the instrument to all who, like myself, lead a sedentary life.



From Sammel C. Kennedy, Esq.,  
Widows' and Orphans' Benefit Life Ins. Co.

I am pleased with the Reactionary. There is a sense of satisfaction in taking a solid lift. I return from it with a clear head, cool eye, awakened and tranquil nerve; feeling as benevolently to all mankind as a child refreshed by sleep; feeling also as if I had been rebuilt of oak and iron, strong and impervious. *The machine is, by all odds, the least expensive, most convenient and sensible apparatus of the kind I have ever seen.*

From Col. George Soule, New-Orleans.

Your Health-Lift is truly a great blessing to mankind. I derive great benefit from its use, and would not be deprived of it for many times the cost of the machine. As an aid to physical training and development it has no equal, and in behalf of the rising generation, I sincerely hope it may soon be introduced and used in every school and college throughout the land.

From John W. Brutone, Esq., New-York.

I had been suffering for a number of years with vertigo of a very severe description, and was at last recommended by my physician to try your Health-Lift. Its effects have been *instantaneous*, and I might say, almost magical. I have had but one slight attack during the ten weeks I have lifted, when formerly I had three during the day.

From C. B. Nelson, Esq., Chicago.

A few weeks' practice entirely relieved me of dyspepsia and general nervous debility. I regard this exercise as invaluable.

From Henry Waller, Esq., Chicago.

I cheerfully give my testimony in favor of the value of The Health-Lift. I feel well assured it is based on sound principles, and the effects I have witnessed, as well as experienced, during the last two years, assure me of its success in practice. My physical system had been "running down" for several years. My brain had been overworked, and my nerves were much enfeebled. I was dyspeptic, my liver torpid, and my digestion feeble. I suffered from headaches, numbness of limbs, coldness of the extremities, and general languor.

I commenced by lifting 230 pounds. I now lift 700. My appetite is natural, my sleep sound, my digestion good, and I am free from all nervous distress. I have increased in flesh; my

endurance of fatigue is altogether superior to what it was. There is an elasticity of movement and vigor which I had not, and my spirits are buoyant.

From Gen. R. A. Alger, Detroit.

I have used your Health-Lift considerably, and am a thorough believer in it.

From Mordecai D. Evans, Esq., Philadelphia.

I cheerfully bear testimony to the advantages resulting from a systematic use of the Health-Lift, exemplified by personal experience of nearly a year at your rooms. It is a valuable substitute for the ordinary exercise of the gymnasium, requiring but little time in its operation, and producing salutary effects when used with regularity and judgment.

From Major E. W. Matthews,

Board of Brokers, Philadelphia.

After about a year's experience of the Health-Lift, I can recommend it as being a very complete form of exercise, and especially adapted to the needs of business men, because requiring so little time. I would add that I have especially noticed its effects on the voice, strengthening it and bringing it more fully under control.

From Adam Steinmetz, Esq., Philadelphia.

For many years I have been unable to sleep with any thing like soundness. Hearing that your Health-Lift had worked well in such cases, I tried it, and after two months' practice under your direction I now enjoy what is to me the luxury of long and refreshing sleep, which I owe entirely to your system of exercise.

R. M. Bishop and fifty other well-known citizens of Cincinnati are "thoroughly impressed with its merits as a health promoter and restorer and cordially commend it to the public. One trial alone will satisfy any one of its efficiency."

Benj. Homer, Esq., and many other influential gentlemen in Philadelphia, "cordially indorse cumulative exercise as practiced on the Reactionary Lifter."

John V. Farwell, with over one hundred other prominent citizens of Chicago, "indorse the Health-Lift as a safe, simple, and efficient mode of exercise," which produces "when judiciously pursued, a marked increase of vigor, improvement of general health and consequent yielding and disappearance of disease."

## FROM MUSICIANS AND VOCALISTS.

From Geo. F. Root,  
Author and Composer, Chicago.

I have thought that the simplest possible statement that could be made of my case would be sufficiently wonderful to cause incredulity in the minds of many, and so confine myself to the mere facts. For several years my health had been going down. I had a complication of difficulties, and began to act and look like a feeble, old man; and, being only in middle life, as to years, tried faithfully all the means within my reach to change the current and regain my lost health—medicine, traveling by sea and land, gymnasiums, out-door exercise and excursions, but with no permanent benefit. I was advised to try *lifting*, and did so; and almost immediately changed my mind in regard to being an invalid. I can not hope to say any thing emphatic enough to convey the strength of my belief that to this exercise I owe not only my present health, but my life. It is nine years ago to-day since I commenced lifting. It took about a year to get to the weight I ought to lift, but from that time to this—eight years—I have not known a moment's illness sufficient to keep me from my business. I began lifting before the Reactionary Lifter was invented, but for four years I have used that alone, and find its effects the same as those produced by Dr. Reilly's Weight-Lifting Machine. I would no more dispense with it than I would with my breakfast.

From Eben Tourjee, Mus. Doc.,  
Boston Conservatory of Music.

I have for three years daily used the Health-Lift which I purchased of you. I consider it a valuable means for maintaining health. I find that after intense application to business its use at night so affects the circulation of the blood as to enable me to rest without difficulty. Last summer several of my teachers and pupils took occasion to test it. They were all delighted with the results.

From Miss Ida F. Sweetser,

In the *Brooklyn Argus*; for several years leading soprano singer in Dr. Storr's Church, Brooklyn, and now discharging the same duty in Dr. Cuyler's.

I went to the Health-Lift with great distrust of any beneficial results, having for many months suffered from a dreadful nervous prostration, being the effect of several ailments unne-

cessary to specify. Words can not convey an adequate idea of my sufferings, which at times were almost too much for human endurance. But happily for me, relief was not far off. After taking this exercise a short time, I began to feel better; in three months I had forgotten that I ever had any nerves; in four months my chest had very perceptibly expanded, my lung capacity had greatly increased, my breathing was consciously deeper, my voice was stronger, and its quality for singing much improved. When I meet friends now, they remark with surprise: "How well you are looking—what *have* you been doing?" My uniform reply is—the Health-Lift has done it all.

Whatever treatment of chronic disease and weakness may be good for others, of *this one thing I feel sure*, that nothing ever before devised can, for one moment, compare with the Health-Lift for *woman*.

From Theo. F. Seward,  
Ed. *Musical Gazette*, New-York.

I should be entirely unwilling to dispense with my Reactionary Lifter. Its advantages over Weight-Lifting Machines in economy, portability and elegance, are too patent to need comment.

From Prof. Chester G. Allen, New-York.

I have practiced upon the Weight-Lifting Apparatus of Dr. Reilly, during the past year, with very great benefit to my health. Depressed and worn out with work, I found that the exhilarating exercise filled me with new life, strength and spirits. It made a new man of me. I take pleasure in adding, that in your machine I find a substitute *equally satisfactory* in its effects, and vastly superior in economy, convenience and elegance.

From W. S. B. Matthews,  
Editor *Musical Independent*, Chicago.

Having exercised with the Health-Lift for nearly a year, I am happy to add my testimony to those already recorded. When I began to lift, my muscular tissue was entirely deficient in firmness, my head out of order, and the system generally in the unpleasant state attendant upon Dyspepsia. I have now a good appetite, good digestion, a clear head, firmer muscle than ever before, and can lift seven hundred and fifty pounds with greater ease than I could

three hundred at first. The first three weeks entirely cured me of piles. To me this exercise is indispensable.

From C. M. Cady, New-York.

From more than eight years' experience in lifting I can speak in strong terms, not only of its beneficial effects upon my general health, but especially in strengthening my voice, and

enabling me to sing a long time without fatigue. Every one accustomed to it knows how trying upon the voice it is to lead a large congregation in singing. I have not only done this in two public services of the Episcopal Church and a Sunday-school service all in one day, but have in addition, as lay reader, read the entire service without feeling special fatigue at its close.

## SPECIAL MERITS OF THE REACTIONARY LIFTER.

From Gen. A. B. Nettleton, Philadelphia.

Having used the Reactionary Health-Lift several years, I would not dispense with it for any consideration. It is the "condensed milk" of physical exercise.

From John D. Rockefeller, Esq., Cleveland, O.

I have used the Health-Lift you represent for about three years at my home, and it has been a great benefit to my health. I cheerfully recommend it, and could not be induced to discontinue its daily use.

From H. A. Underwood, and Wm. T. Nast,  
18 Exchange Place; Albert Clark and  
A. B. Darling, Fifth Avenue Hotel.

We have used your Reactionary Lifter for about one year, and we find its effects quite equal to the Butler Machine, which we practiced upon for eighteen months previous. We prefer your machine to any other. We feel more comfortable while lifting on it.

From Edward G. Newell, Chicago.

"I consider the Health-Lift one of the world's greatest blessings." Commencing its use in January, '71, for dyspepsia and severe headache, and weighing 115 pounds, I found myself, in less than a year, entirely free from disease and my weight increased to 150 pounds. I continue its use daily.

From George R. Chittenden, Esq., Chicago.

Three months of the Health-Lift more than doubled the mobility of my chest, by actual measurement, and increased its girth nearly four inches.

(Mr. Chittenden has lifted for several years, and now lifts 1300 lbs.)

From C. H. Smith, Esq., New-York.

After a thorough trial of your Lifting Machine, I take pleasure in recommending it to the

attention of lifters. I used the Butler Lifting Machine for upwards of a year, and I think your apparatus is far superior to it in every respect.

From T. P. Tallman, Esq.,  
Cashier Traders' Nat. Bank, Chicago.

The Health-Lift overcame an adhesion of the liver, and I find, by its daily use, that I can keep myself in the best physical condition.

From F. C. Salter, Brooklyn.

Previous to lifting, I was troubled with dyspepsia and extreme nervousness, induced by severe mental labor. I began with 150 lbs.; in a month I was better. Now, I lift 500 lbs., and feel as if I could lift twice as much, so strengthened have I been. *I am entirely cured.* The Health-Lift is of incalculable benefit to whomsoever will try it.

From Henry Graves, Esq., New-York.

The Lifter possesses a wonderful capacity to call forth all the muscles of the system, without the cumbersome accumulation of weights, or a complicated arrangement of pulleys or dumbbells. It is a family gymnasium.

From J. M. Comstock, Esq., Custom House,  
New-York.

I have given your machine a thorough trial personally, and have witnessed its effect upon members of my family. A year's experience with Butler's machine enables us to judge intelligently in regard to the merits of the "Lift Exercise." I have no hesitation in recommending your "Lifter" as combining all the virtues of other patents, and as possessing in addition superiority of convenience and compactness, as well as of economy. I believe every family would be healthier for a regular daily "Lift Exercise," while its specific effects upon many diseases are, although mysterious, decidedly curative.



## FROM ATHLETES.

From Dr. Geo. B. Windship, Boston.

I am more and more convinced that your apparatus for lifting (the Reactionary Lifter) is the best yet put into the market. I should consider my gymnasium quite incomplete without it.

Prof. F. G. Welch, M.D.

For seven years in charge Dept. Physical Culture, Yale College, wrote in 1872.

The Reactionary Lifter, purchased from you some time since, gives excellent satisfaction. I find that in one or two series of lifts daily, occupying only a few minutes, I get better results than from one or two hours in the gymnasium. The lift effort gives a uniform and simultaneous exercise to the whole muscular system, and as the weakest muscles must govern the amount to be lifted, there can be no possible danger. As an exercise, it is a decided advantage over any or all other forms. Besides this, its marked effect on the circulation of the blood, even to the capillaries and most remote parts of the system, will render it a valuable remedial agent. The admirable apparatus by which such results are secured must commend itself for its durability, cheapness and elegance, as well as its ease and accuracy of adjustment. Its adaptation and convenience for ladies and family use, should make it a necessity in every household. I heartily commend it to public favor as a safe, thorough and efficient mode of exercise, and, in many instances, a safe method of cure.

From W. B. Curtis, Esq.,

President Chicago Athletic Club. Lifter of the heaviest weight on record (3500 lbs.)

It is my opinion, after several years thorough trial, that one can keep in better condition by ten or fifteen minutes' exercise (according to this system) every other day, than by the usual hour and a half spent in the gymnasium.

From Col. Wm. E. Van Wyck,  
President Athletic Club, New-York.

After many years' practice in gymnastics, and having latterly thoroughly tested the Health-Lift, I am free to say, that, without condemning other systems, this, for busy men, is superior to all. Its advantages over the old schools are very apparent. Only ten minutes daily are required. It refreshes, invigorates, and is a wonderful tonic to the whole nervous and muscular systems. It is safe and agreeable, and

gives a thorough and harmonious exercise to the whole body. It has a marked influence upon the circulation, and assists the proper performance of all the functions. The Reactionary Lifter is *pre-eminently* the machine on which to take this exercise.

From Prof. Abner S. Brady, New-York.

I have personally tested the Health-Lift. As a "professional," I have no hesitation in saying that, it is more thorough and efficient, calls more muscles into action, and will keep a man in "better condition" by its ten minutes once a day, or every other day, than the usual hour or two in the gymnasium. The Reactionary Lifter is the apparatus I use.

From Prof. E. Hitchcock, Amherst College.

Your Lifting Apparatus has been in use in our Gymnasium for about two years. I began to allow our students to use it, with some fear, thinking they would overlift and strain themselves. But now the apparatus remains, like all our other appliances, in the gymnasium, free to all our students to use whenever they please, and it is used constantly; I have never heard of a student who has received any harm from it; on the other hand, only good results have been obtained. It seems a most admirable way of using the whole strength of the body at once, and with excellent results.

A PLEA FOR PHYSICAL CULTURE, issued by the Young Men's Gymnastic Association of Cincinnati, gives the following valuable testimony to the merits of Cumulative Exercise—valuable as being the voluntary expression of opinion, after three years' experience, of the best appointed and most intelligently conducted gymnasium in this country:

"The Health-Lift, as a part of the gymnastic system, possesses the merits of SAFETY as a Lifting Machine, as well as of ECONOMY of both brain-power and time, and is of the widest adaptability. In its brief, *carefully graduated, and accurately weighed* exercise, it produces, in the shortest time, a symmetrical and harmonious development, in which the muscles of the loins and back are as strong as those of the arms and shoulders; the heart's action is strengthened and regulated, the lung capacity is not unfrequently doubled, and all the vital processes are harmonized and invigorated; it also produces a sense of buoyancy in those who systematically use it."

## FROM EDITORS AND PUBLISHERS.

From Mrs. Mary Mapes Dodge,  
Editor *St. Nicholas Magazine*.

When I invested one hundred dollars in the Reactionary Lifter, it seemed to me rather an expensive experiment; but that day is past. I am satisfied now that its purchase was shrewd economy. Not being an M.D., I shall not attempt to give reasons for the faith that is in me. It is enough to be able to thank it for new health and strength, and the blessings in their train. It takes *ten minutes* a day, and gives in return, I verily believe, *added years* of life and happiness.

Henry C. Bowen, Editor of the *Independent*, in an editorial notice of The Reactionary Lifter: It is so constructed that the most feeble persons can use it with entire safety, and it can be used by ladies in company with gentlemen without any change of dress.

From Dr. J. G. Holland,  
Editor *Scribner's Monthly*.

The great danger of sedentary men is from paralysis in its various forms, resulting from a want of muscular activity. Any thing which will bring entirely into play daily all the muscles of the human body, and do this in the swiftest possible space of time, must be a great boon to the human race. Such an invention is Maun's Reactionary Lifter.

From G. W. Carleton, Esq.,  
Publisher, New-York.

I have used your Self-Lifter about three months, very regularly—about seven times per week; still use it regularly and find its effects very satisfactory.

From H. M. Smith,  
Editor *Republican*, Chicago.

From my own personal experience, and the close observation of a number of intimate friends who have been under your charge. I have no hesitation in according to the Health-Lift even more than you claim for it.

From Chas. H. Dow, Esq.,  
Assistant Editor *Republican*, Springfield, Mass.

My six months trial of the Health-Lift has resulted in a marked improvement of my general health. My lifting capacity has increased in that time from 300 to 700 pounds, and my chest mobility from  $2\frac{1}{2}$  in. to  $6\frac{1}{4}$  in.

From Andrew Shuman,  
Editor *Evening Journal*, Chicago.

I was greatly troubled with dyspepsia and dull pains in the head. Since using the Health-Lift, I have had no return of either. I consider this exercise worth more than all other methods ever devised for bodily improvement.

From Geo. Frank Gouly, Esq.,  
Editor of *The Freemason*, St. Louis.

I would not take \$5000 for my Reactionary Lifter if I could not replace it, so beneficial have I found its use. Without it I should have been compelled to abandon all active mental work.

From John F. Trow, Esq.,  
Publisher, New-York.

I am happy to bear testimony to the decidedly good results to my health, arising from the use of the Reactionary Lifter. I have used it for a year, and should not be willing to do without it, so well am I convinced of its invigorating and strengthening effects upon the system.

New-York *Christian Age* (Rev. Dr. Deems).

We write this paragraph to say to our friends visiting the city, that we really think we do them a service in asking them to call at 46 East 14th Street, near Broadway, and see for themselves what can not well be described—how much exercise can be had in how little time. We have one of the Lifts in our own house, and find it in every way a *good thing*.

New-York *Evening Mail*.

The time is fast approaching when the Reactionary Lifter will be as much a part of every household as the piano or sewing machine.

New-York *Evening Post*.

The system of *cumulative exercise* resulting from the wise and orderly use of the Reactionary Lifter, while improving the circulation, at the same time arouses the latent muscular system, and produces a definite and sensible increase of steadiness of the nerves, and establishes a slower but fuller and more equable pulse. From our own experience, we consider it a most valuable means of preserving the proper balance between the body and the mind, and thus benefitting the condition of both. In the case of persons whose vocations so tax the brain as to impair the action of the vital organs, it seems to us an indispensable hygienic agency.

St. Louis *Republican*.

It offers great advantages to professional and business men, as well as to the invalid, in being practical, efficient, and giving the muscles the necessary food to sustain a well-balanced mental organization for its daily work. Hundreds of prominent citizens are learning its value, and speak well of their short experience.

From the *Dubuque (Iowa) Commercial*.

The only practical and effectual method of exercise yet devised for students or men and women of sedentary habits, or for those having exhaustive labor on any special set of muscles,

is the Health-Lift, which is free from all the objections to other methods, is equal and beneficial to both brain and muscle, and is not expensive nor wasteful of time.

From the *Rockland Gazette*.

It is a noteworthy fact that in the use of the Reactionary Lifter no unequal or injurious strain is felt, and, so far from being *tired* after the exercise, its effect is to make one feel refreshed. We have had one of the machines in use for the past six months, and recommend it to all whose occupation tends to deprive them of the amount of physical exercise requisite to preserve health.

## TYPICAL CURES.

From Mrs. Mary B. Colburn, Boston.

I attended the Mann Lift first about a year ago, and began immediately to feel the good effects of it. Belonging to a family every member of which, for two generations, has passed away with consumption, it became a settled thing that I, too, must succumb to the same dread disease; I had many premonitory symptoms, such as violent hemorrhages, loss of voice, pains in the lungs, etc. A little investigation into the principles of your most ingenious machine, so showed me how *sensible* it was, that I let the idea of consumption pass away from my mind; and a glad release it was, I can assure you. The change in me is very remarkable, as all my friends testify, and I really think it would be wrong for me not to spread the glad tidings far and wide. I do wish *everybody* knew of the Health-Lift.

(Testimony of a Woman.)

The first time I tried the Health-Lift I exclaimed, "I'm a second Harvey, and have discovered the circulation of the blood!" I supposed I had blood circulating in my veins, but never *felt* it before. After that, the lifter was my "cure-all." Distressing sick or nervous headaches yielded in a few moments. Chronic difficulties soon disappeared. My advice to all women is to try the effects of lifting,

From G. Edward Bishop, Hartford, Ct.

Entirely cured me of kidney disease of thirteen years duration. *There can not be too much said in favor of the Health-Lift.*

From C. A. Day, Esq., Chicago.

Two weeks trial convinced me practically that it was just what I needed, and before the expiration of the fourth month I was born again into a new and better existence. Strength, lightness, sound sleep, good appetite and splendid flow of animal spirits were the characteristics. I have given attention to physical culture for over ten years, and The Health-Lift is the best system of exercise I have found. I wholly and heartily indorse it.

From Heman Baldwin, Esq., Chicago.

The Health-Lift cured me of severe neuralgia in my head, and of numbness in my hands and arms.

From H. G. Pulling,

Proprietor of Commercial Hotel, Chicago.

The Health-Lift has done more for me than all the medical attendance I have ever had for my general health, and muscular rheumatism particularly, and I unhesitatingly recommend it. It has been equally beneficial to my wife and several of our friends.

From Geo. W. Felton, Esq.,

Western Union Telegraph Co., Chicago.

Relieved me of vertigo and dizziness, and is now indispensable.



## ILLUSTRATIVE CASES.

THE following cases are a few among many, intended to be typical.

All are *bona fide*, and are understated rather than overdrawn. We have been brief, to avoid personality, which to some is objectionable.

**CASE 5: OBESITY AND ASTHMATIC BREATHING.**—This patient was “a man of unbounded Stomach”—i.e., it took 45½ inches to bound it. His weight was 232 lbs.; his abdomen protuberant and pendulous, with muscles so relaxed and infiltrated with fat that they afforded no support, but required a Russian belt to sustain the weight. Muscular exertion of any kind difficult, breathing wheezy and asthmatic.

Beginning the system of Cumulative Exercise with a maximum weight of 200 lbs., in three months the waist had been reduced to 41 inches, the chest increased in nearly the same proportion, the breathing was full, deep, and natural, walking had become enjoyable, and he lifted 700 lbs. with more ease than the original 200.

During his third year, he lifted the extraordinary amount of *thirteen hundred pounds*, a feat performed by only one or two others in this country.

**CASE 23: PARALYSIS.**—Generally, paralytics wait till they are past the power of aid from the Health-Lift or any other treatment. In many instances this dread malady might be avoided if taken in time. A gentleman, age 83—almost complete loss of upper part of the body. The early lifts, 30 lbs., required an attendant at each side to assist him, and sustain him in position. In two months, he reached 180 lbs., with the ability to dress and undress, eat, and similar offices, alone, which before required assistance. Another case, a young man who had lost hope of ever becoming better, or being fit to resume business. At first, he had to be lifted upon the machine and held in position. He lifted 40 pounds with assistance. He now lifts 600 lbs., and is about his business as well as any one.

**CASE 39: PARALYSIS.**—*Dear Sir:* I am greatly indebted to the Health-Lift for a complete cure of paralysis, affecting my left side, threatening serious difficulty. A year spent in a German Hydropathic establishment brought partial relief. Returning to this country, I applied myself again to business, and after six months was again obliged to give it up, on account of a renewal of my old difficulty. My physician, after

resorting to electricity and the usual remedies, sent me to you, with the above result after a three months' trial. I commenced with 80 pounds, lifting 480 at the end of that time. I use my Lifter daily, and never intend to give it up. Sincerely yours, A. R.

**HEMORRHAGE.**—Accidents, such as fracture dislocation, sprain, etc., are simply impossible in the Health-Lift exercise; while so far from causing hemorrhage, or rupture of a blood-vessel, there can be no possible danger.

**HERNIA OR RUPTURE.**—Hernia or rupture is not only *not caused* by the Health-Lift, but where it exists, if not radically cured by it, is *always* markedly benefited. This is reasonable; the position of the body being perfectly natural and erect, there is no pressure on the great blood-vessels, hence no obstruction to the free circulation of the blood. The contraction of the muscles draws the blood vigorously and thoroughly to the surface. In the case of Hernia, the improvement in the tone and elasticity of the muscles of the abdomen, and their rigid condition during lifting, by which the walls press firmly against the “ring,” or opening through which the intestine protrudes, in the relaxed condition, effectually prevent any tendency to hernia, and often cure it where it previously existed. We have had many cases of hernia to treat, and always with good results. They are generally able to lay aside the truss in a few months.

Let it be distinctly and emphatically understood that there never has been, and it is impossible that there should be a case of rupture produced or aggravated by lifting properly on a lifting machine.

**CASE 9: SPINAL CURVATURE.**—Miss ———, aged 18 years, was brought to the Health-Lift by her father, a prominent government official. The young lady was suffering from lateral curvature of the spine, the right shoulder being perceptibly higher than the other. She had distressing palpitation of the heart after slight exertion, was easily fatigued, and soon got out of breath in walking. Appetite poor, capricious; habit constipated; irregular as to other functions.

Began by lifting 80 lbs. In two months she lifted 240 lbs. with ease. In ten months after beginning, the now rosy, blooming, healthy—

looking young lady lifted 500 lbs., and every symptom of curvature had disappeared. She married in the following June, and her father made a Lifting Machine one of her wedding presents.

**CASE 42 : NERVOUS AND SICK HEADACHE.**—This patient, age 27, from childhood suffered from nervous and sick headaches. Though six months produced an effectual cure of both, she continued her exercise until three days before her confinement. Labor was comparatively so brief and painless, that the physician did not arrive in season. Three previous labors had lasted twelve, nine, and eleven hours respectively ; one was accompanied with profuse flooding, and the recoveries from all were slow. She was able to renew her lifting in two weeks.

**CASE 17 : SICK HEADACHE.**—This patient inherited this difficulty, together with a very sluggish liver. He stated that he was miserable about half the time, and had a bilious siege about once a month. Lifted regularly two years, reaching 900 lbs. Then purchased machine, and lifts regularly. From the time he commenced he has had headache but once and liver trouble twice, both of short duration. He now considers himself perfectly well.

**CASE 32 : SOFTENING OF THE BRAIN AND INCIPIENT INSANITY.**—Overstudy and neglect of exercise had made this professor, in intellect, a giant, in physical power, a pigmy. Both physical and mental powers gave out at once and he was obliged to abandon everything in the shape of mental labor. He was forbidden even five minutes use of the newspaper. His friends became much alarmed, and not without cause.

His physician came with him to the Health-Lift and was very solicitous lest the treatment should be too heroic ; even 40 lbs. the first day proved too much. He reached only 200 lbs. in 3 months, but with a change that was marvelous. He was enabled to resume his professional and literary duties, though they had been abandoned for life.

**CASE 123 : SCIATICA.**—Had become so bad as to make the patient almost a maniac from pain and loss of sleep. In six months he reached 700 lbs., but said he was cured after the first month. Two years later he reported that he was perfectly well, and had not known a twinge of his old enemy since lifting.

**CASE 40 : SCIATICA.**—A lady, age 40, sent to our rooms by her physician for sciatica. Was very lame and in much pain. Began lifting 40 lbs. At the end of one month she was lifting 205 lbs. and was perfectly well.

**CASE 90 : INSOMNIA FROM OLD AGE.**—This patient, nearly 80 years old, suffered from loss of sleep, which greatly affected his health, especially his stomach, producing dyspepsia. A trial lift at our rooms, 80 lbs., gave him three nights of sound sleep, which led him to purchase.

**CASE 50 : HEMORRHAGES AND DYSPEPSIA.**—Inheriting a weak stomach and weak vital organs generally, I found myself at man's estate no man at all, but physically a wreck, and doomed by many eminent physicians to a few years of miserable existence at best, after trying almost every known remedy and mode of treatment in vain.

Thirty years of dyspepsia in its worst forms told its sad and terrible story in every part of my system. The lungs, upon the healthy action of which good digestion is more dependent than all things else, finally gave out, bleeding profusely and almost constantly for years. The thought that this must put an end to a miserable existence was not an unhappy one.

Among, and in connection with other things, I had often tried the Health-Lift, and theoretical and practical investigation convinced me that it was the most reasonable mode of treatment I could adopt, and I resolved to give it a faithful and thorough test. I have done so, with results which seem to me and to all my friends miraculous.

An understatement of the facts will seem incredible. My weight at beginning was about 120 pounds. It is now 182 ; 60 pounds gain in 15 months—not adipose, but solid muscle ; good healthy tissue. When I began, 180 pounds was a tax. I now lift 1000 pounds. My gain in every way is proportionate. My stomach and lungs have improved immensely—5 inches or more increase in measurement about the vital parts. No more hemorrhages ; dyspepsia a thing of the past ; all its train of attendant evils vanished. I am equal to any physical effort. There has been an entire reconstruction. The change has been most thorough and complete. I now enjoy PERFECT health. I may say I never before knew the joy of living, of sound health.

To the Health-Lift I attribute all, even my life, which before was a burden, which now is a

constant joy. If you are similarly afflicted, and desire a complete and permanent cure, do as I have done, and if you are faithful and persevering, you will surely have like results. This mode of treatment is not one man's food, another's poison, but good for each and every one. Its rationale is simple, and will commend itself to every reasonable mind.

CASE 20 : HEART DISEASE (OSSIFICATION OF THE RIGHT VENTRICLE).—This patient was a wealthy retired merchant. He had tried the best medical skill in this country and in Europe, spending fortunes in search of restoration and freedom from pain and suffering. His case was so marked that most physicians agreed as to the diagnosis, as well as the prognosis, which was always bad. The disease was one of the worst ; no hope, no help, liable to die at any time. One of New-York's best physicians sent him to our rooms for treatment. We could not thank this physician—as we do not covet such cases—though he has our gratitude for many others he has sent since. This patient, in three months, reached 550 pounds, and with an entire relief from pain and suffering. His pulse was often taken previous to and following the lift, showing a decrease of eighteen counts. He now seems in good health, and often stops in our rooms to lift 500 pounds, and to speak a good word for the lift.

Another case of Ossification of the Left Ventricle—a young man—lifted one year, with a complete restoration to health. The change in this case was very marked.

CASE 49 : HEART DISEASE (FATTY DEGENERATION).—This patient weighed 212 pounds, the weight chiefly in the omentum. He lifted six weeks in our rooms with improvement sufficient to warrant his purchasing a machine for home use, which we learn was used regularly afterward, and with profit.

CASE 98 : HEART DISEASE (FUNCTIONAL DISTRESS AND PALPITATION).—This form of disease is so common, and the results of Cumulative Exercise so uniform, that it seems unnecessary to mention any particular case. We have treated hundreds, and with entire success and satisfaction in every case.

CASE 6 : THE WORST FORM OF DYSPEPSIA, WEAKNESS, IRRITABILITY, NERVOUSNESS, HEADACHE, LOSS OF APPETITE, ETC.—This patient aged 42, writes : For over *seventeen*

*years* I was distressed with the worst forms of dyspepsia, weakness, irritability, nervousness, headache, loss of appetite, and at times complete prostration, requiring my abandonment of business entirely. I commenced by lifting 175 pounds, and in one year reached 700 pounds. My appetite is good, I am stronger than ever before ; good digestion, more cheerful, a healthier and happier man than I ever expected to be. I wish I could find words in which to express my complete admiration, gratitude and confidence in your institution. But I will only say let those who have any symptoms of dyspepsia, or its attendant evils, give the system of Cumulative Exercise a fair trial, and they need have no fear of its results.

CASE 97 : OLD AGE AND DYSPEPSIA.—When I began your system of exercise, 80 lbs. cost me a severe effort. I now, two years after, lift 700. In those figures is told the whole story. My appetite is natural, my sleep sound, my digestion good, and I am free from all nervous distress. I have increased in flesh ; my endurance of fatigue, both mental and physical, is superior to what it has been any time for a dozen years ; there is an elasticity of movement and a vigor which I had not, and my spirits, if not positively buoyant, are equable.

In short, if curing the symptoms is curing the disease, I may say *Cumulative Exercise has cured both my old age and my dyspepsia.*

J. T. C——, book-keeper, aged 35, writes : "As much better every way as 740 was more than 180"—these being the number of pounds lifted at the beginning and end of the year.

CASE 31 : DISTRESSING FLATULENCE, coming on usually about an hour after eating, increased after retiring. At the end of three months, at which time the patient, a lady, lifted 300 lbs., the difficulty had entirely disappeared.

CASE 11 : HEMORRHOIDS OR PILES.—A gentleman asked this evening if lifting did not produce piles. Ordinary lifting may, the Health-Lift never ; it cures. The case in point is not a fair criterion, as the cure was so sudden and marked as to be almost incredible. We have treated many cases by this means successfully, but it takes time, and generally the progress is slow, if one looks for complete and permanent cure.

A frightful shadow of a man, over six feet in height—a living skeleton—cadaverous, sickly,



death-like, one day visited the rooms to investigate, and took a very light lift. After several days, the same gentleman called and told his history. He called his ease consumption of the blood, produced by piles and hemorrhage from the bowels. He stated that at every passage of the bowels he lost a pint of blood, which had so reduced him that he had abandoned his business to die. He had lost all hope, he was in the last stages of misery, he had lost over sixty pounds in weight. From the first lift, several days previous, he had lost no blood, and seeking advice from his physician, was told to try Cumulative Exercise, as a last hope. He committed himself for six months, though he said he did not expect to live six weeks. The result was entire restoration to health, and the change in this man was most marvelous. He resumed his old position—editor of one of our city papers—and published his own experience voluntarily, and often published notices favorable to the Health-Lift.

CASE 22: CONSTIPATION.—It is unfair to select the most marked cases of cure as typical of all. We do not desire to be so understood. We do not recall a single case of the above difficulty where there was not a marked change for the better, and in nearly all a cure. The case in point is incredible. The gentleman promised to write out his case over his own signature, and gave the writer permission, in case he did not report in time.

Patient, 71 years of age, sent by his physician. Constipation had existed 51 years. It had become second nature. He did not remember the time when he had had a natural passage. *From his very first lift*, the habit became natural, daily and regular, and so continues till this day. He lifted four months, then went to his country-seat three months; returning, he resumed his lifting, though he said it was not necessary, and soon gave it up, calling himself completely cured of this terrible condition. The new state of things produced a great change in his health in every respect, and he expects to become a centenarian without failing powers.

CASE 48.—There are a few who reach to man's and woman's estate, without much apparent physical development. They seem to exist, yet not to live. They can not enjoy life, as they are necessarily deprived of most of its blessings. The least effort overcomes, and a little pull-back throws them upon the sick-bed for several days. Such weakness saps the life from

all the organs and functions. There is no ailment which is more efficiently treated by Cumulative Exercise than this. We have had many who approached this; but two cases, presenting themselves about the same time, and lifting together for two years, were extreme types. Their progress and improvement were very similar. Both commenced lifting 20 lbs., which seemed to them immense. They lifted the same weight for a month; the progress after that was exceedingly slow; in a year both reached 180 lbs. as the maximum. They finally settled on 120 as being the weight which did them the most good; this amount, or near it, they lifted daily during the second year. Whereas, before, they had no joy in living, no appetite, no particle of strength, no ability to perform any of the duties of life, or to enjoy its pleasures. All these things were added unto them. No one can realize their change, their joy in restoration. It was noticed and remarked by all their friends, scores of whom they have sent to our rooms, who became patrons. They both continue to make daily and regular use of the lift at their homes. They have become missionaries in this cause.

CASE 89.—The forswoman in one of New-York's largest establishments presented herself for treatment, in a condition of complete prostration and giving out of nearly all the powers of life. She gave up to die. The maximum lift the first day was 30 lbs. She lifted daily at our rooms for six months, reaching 400 lbs., and was completely restored to health. Wishing to retain what she had gained, she purchased a machine, and at last accounts had reached 540 lbs. and was perfectly well. She showed true gratitude, by sending many patrons to our rooms, who have been similarly benefited.

CASE 7: INSOMNIA.—This patient would lie awake till 2 A.M. regularly, and then sleep till 5 only. From the first time she lifted she got to sleep at 11, sleeping soundly till 7. She called over two years after she purchased the Lift, saying she continued to use it regularly, and was seldom troubled with sleeplessness.

CASE 4: HABITUAL MISCARRIAGE AVERTED.—This lady was a patient of Dr. Wm. H. Byford, the eminent obstetrician, and who prescribed a course of Cumulative Exercise for her for the improvement of her general health, which was much enfeebled by four successive miscarriages, between the fourth and fifth

months. Soon after beginning the exercise she became again pregnant, and, in alarm, consulted Dr. Byford as to the safety of continuing the exercise. He referred her to the writer, under whose charge she was pursuing her exercise, and who determined, after due consideration, to have her confine. She visited the rooms almost daily until after the critical period; when, at the expiration of her second quarter's subscription, and in the sixth month of her gestation, her husband purchased an apparatus for use at home, on which she continued to exercise until one week before her confinement, which was unusually easy and rapid, and the recovery prompt and uncomplicated. She has passed through another pregnancy since, with the same happy results.

CASE 119.—Married lady, age 30, severe case of disease of the ovaries, much emaciated. Sent to our rooms by her physician. After lifting one month, began to improve slightly and at the end of a year said, "I am perfectly well. I have made thirty calls this afternoon, and feel none of my old weakness."

CASE 30: PROLAPSUS UTERI.—Lady, aged 24, unmarried. Prolapsus, many years standing. Had been treated in the usual way. A year ago her physician sent her to the Health-Lift. Fifteen pounds was the most she could raise. In four months she lifted 100 lbs. with comparative ease and was greatly improved in all respects. She says: "The Lift is doing wonders for me. I feel like a different person. I thank God I was driven to the Lift rooms, and made to use the Lifter."

CASE 43: PROLAPSUS OF TWELVE YEARS DURATION.—Mrs. ——— was sent to the Health-Lift by her physician, for exercise under the Cumulative system, with the view of relieving dyspepsia simply. In the fourth month of the exercise, she laid aside a uterine supporter, which she had been obliged to wear as constantly as any part of her clothing for over twelve years. The degree of prolapsus was so extreme that, even two weeks before beginning Cumulative Exercise, an attempt, by the advice of her physician, to walk across the room without the supporter, was followed by a three days' confinement to her bed.

At the date this is written, three years after laying aside the instrument, she is and has been during the entire time, in the enjoyment of exceptionally good health, and without the use of any other treatment, except the hip-bath and Cumulative Exercise.

CASE 29: PROLAPSUS UTERI.—The case here presented was typical of many which have been successfully treated by the Health-Lift. It was procidentia, or the third stage, the os and neck falling outside. There was almost complete inability to walk, muscular walls greatly relaxed, ligaments which support the uterus weak and lifeless; loss of tone and power to the parts; pain, sense of weight and dragging sensation in the viscera. It is natural and reasonable that Cumulative Exercise would remove effectually these symptoms, change the condition of the parts and thus restore the normal condition. In this case complete restoration required a year, but the treatment was easy and satisfactory, especially as everything else had been tried from pessaries down, and seemed only to aggravate. The patient was very tired and sick of local treatment, and relieved to avoid its necessity.

CASE 77: LABOR MADE EASY.—A gentleman writes, "My wife uses the REACTIONARY LIFTER as a preparation for childbirth, with most happy results. She lifted to within two days of her last confinement, and passed through the same with one fourth the labor she had previously experienced. Her recovery was equally accelerated."

CASE 12: OBESITY, BACKACHE AND ASTHMA; THE RESULTS OF CONSTIPATION.—A wealthy widow lady, with decided tendency to *embonpoint*, luxurious in her habits and mode of life, was recommended by her physician to try the system of Cumulative Exercise, with a view of reducing her growing obesity. For some years she had been compelled to rely upon cathartics, enemas, etc., to relieve constipation and flatulence; and previous to such relief almost invariably suffered from distressing attacks of asthma. Within two months she was enabled to dispense with these agents, the muscular coats of the intestines and the abdominal walls having regained such a degree of tone that the functions became normal and regular; the asthma, previously caused entirely by insufficient respiratory motion, no longer annoyed her; she was able to walk and ascend stairs without panting for breath; and the severe pain in the lower portion of the back had entirely disappeared. She still follows this system of exercise, with religious punctuality, and is sanguine of yet wearing the bodice of twenty years ago.

CASE 66: RETROVERSION, HEMORRHOIDS AND CONSTIPATION.—The prominent symptoms under which this patient was laboring were,

hemorrhoids, constipation, some leucorrhœal discharge, and distressing irritability of the bladder. These were all caused by a retroversion of the womb, the result of a congestion of that organ and of a relaxed condition of its ligaments and muscular supports, a relaxation and want of tone shared in by the whole muscular system. She decided to make a permanent cure by toning up the whole system, and by relieving the congestion through the effects of Cumulative Exercise on the general circulation. The event justified the decision, and in less than three months, the discharge, hemorrhoids and irritability had disappeared, the constipation had given place to a regular, natural condition, and the general health was materially improved.

When last seen, three years later, the cure was apparently perfect.

CASE 45: RETROVERSION, THIRD STAGE.—In listening to Dr. Thomas' didactic lectures on diseases of women, I well remember his emphatic denunciation of lifting for women thus troubled. He, of course, had no reference to the

Health-Lift, but to ordinary lifting, requiring the patient to stoop over. Though realizing the great difference in the two modes, it did not at first seem possible that this difficulty could but be aggravated, even by the Health-Lift process.

It, therefore, was my custom at first to advise against it. I did so in several cases. In two of these, purchases were made in spite of advice to the contrary, and both afterward reported cures. I was glad of the first case that presented after this, and especially as it was sent by a leading physician. The patient was 55 years of age, and was yet passing through her climacteric period. The organ was many times its normal size, the result of engorgement at the fundus.

Symptoms at first considerably aggravated, but afterward great relief was experienced, the cause was removed and the uterus restored to its normal size and position. Other cases have been treated with similar results, where the cause was aggravated and chronic constipation. Removing the cause and restoring tone and strength to the parts, seemed to remove the difficulty.

## LACONICS.

### EXERCISE.

PHYSICAL Culture is fast becoming a science. Who will doubt the need of intelligence on a subject which will so materially affect the weal or woe of our race, individually and collectively? It is the bounden duty of every one to take care of the body and to develop it, as well as the mind.

All literature, both medical and general, abounds in commendations of exercise as the indispensable condition of health. All intelligent physicians agree in this, that exercise is the best defense against disease, and the most valuable adjunct in the cure of disease.

Physic is a very poor substitute for exercise.

He who does not take exercise knows not the pleasure of health, of good appetite, good digestion, free and full respiration, refreshing sleep.

Weak bodies, brains and nerves, narrow chests, sallow faces, dyspepsia with all its evils, and broken-down constitutions result from neglect of exercise.

Most of the exercise taken by men of sedentary pursuits is in the form of walking. *We believe its merits to be greatly overrated.* Walking is to real exercise what vegetable food is to

animal: it satisfies the appetite, but the nourishment is *not sufficiently concentrated to be invigorating.*

Dr. Parkes says: A perfect state of health implies that every organ has its due share of exercise.

Exercise is simply indispensable to the health and happiness of all, old and young, the invalid or strong. It is promotive of virtue and purity, of high mental and moral tone, of true manhood. The Health-Lift furnishes this indispensable exercise, that is attainable in no other way.

If physical exercise means any thing, that is, anything worth serious thought, it means a gradual progressive system, so arranged and so administered that it will naturally and universally call forth and cultivate the latent powers and capacities of the body, even as the mental faculties are developed and strengthened by mental culture and mental exercise.

Without exercise every function of the body is weakened and impaired.

Safe, graduated, systematic *exercise* is the one certain and permanent relief to many, if not most of the ills to which flesh is heir.



The true object of exercise should be to give the power of endurance; to give that kind of strength which is health; to promote the healthy performance of all the functions; to equalize and invigorate the circulation of the blood, in a word, to *reconstruct* the whole system.

Cumulative Exercise by the Health-Lift process will accomplish *all* these more effectually than all systems of physical culture combined.

### CUMULATIVE EXERCISE.

A SYSTEM of exercise in which additional muscles are brought into use successively, by successively increasing the amount of weight or resistance; a perfect and complete exercise of the entire muscular system.

Cumulative Exercise invigorates, makes the breathing deeper and fuller; makes the heart work regularly and efficiently; tones the muscles and nerves; is perfectly safe; is economical of time, brain, and nerve power; may be graded to the most delicate. It is the most potent of all remedies. It is the great builder-up of the body and scavenger of its waste. It furnishes a health agent whose value is, as yet, only imperfectly understood and appreciated, even by those who have given it much study.

It fills the lungs with fresh air, expands the myriad air cells; the oxygen, absolutely necessary to all life, filters through, vitalizes the blood, the chest is enlarged, the muscles demand more blood, which strengthens and enlarges them, and that, in turn, calls for more food, the stomach responds, digests more perfectly, and supplies adequate nutrition; the movement of the muscles exercises all the glands, augments the secretions, forces out the excretions, gives new nerve and brain force, and, in fact, that grand desideratum, a sound mind in a sound body.

It will give ease, grace and self-possession, and a ready use of all the muscles.

It will develop the chest, strengthen the muscles that support the spine, and keep the body in a correct position at all times.

It will improve the voice, strengthen the lungs, help digestion, correct constipation, warm the extremities, give tone to the muscles about the hips and the pelvic viscera, and perfect all the muscles and all the organs of the body.

It improves the tone and condition of the vital organs, thus restoring and preserving health.

It produces results entirely different from other forms of muscular effort. Instead of pro-

ducing bodily and nervous exhaustion, there is extraordinary increase of nervous energy and muscular force, imparted through some mysterious effect on the nerve centres.

It is better than the Gymnasium, cheaper than the Saddle, less laborious than Boating, infinitely better than Drugs in a majority of Chronic Diseases.

### HEALTH.

ONE of our recent writers has said that "good health is physical religion," and it is a saying worthy to be printed in golden letters. Every person ought to be perfectly healthy, just as every one ought to be perfectly religious. *Perfect* spiritual religion can not exist without perfect physical religion. Every flaw and defect in the bodily system is just so much taken from the spiritual vitality; we are commanded to glorify God, not simply in our spirits, but in our *bodies* and spirits.

A higher standard of physical development, a better average of bodily health, would do more toward bringing about that era of *Sweetness and Light* Matthew Arnold longs for, than all the essays he is likely to publish on the subject—an era of honesty in politics, charity in religion, and morality in trade—an era, in short, of peace on earth and good-will to men.

Health is the essential condition of all permanent success, and therefore is a matter of stupendous importance to every one. All attainable health and its maintenance is a duty, all avoidable sickness a sin.

Health is the noblest condition of the body. It is our duty to *strive* for this condition of health, plan for it, achieve it.

Through the medium of the BLOOD, all the processes of life take place.

Every intelligent person understands that medicine does not cure disease, except indirectly, by arousing the curative power of nature. If the Health-Lift develops this vital force—this *vis medicatrix nature*, as the doctors call it—then it must cure disease, and the cure will not be mere relief, but constitutional, thorough and permanent.

It is as certain that from one to three months exercise on the Health-Lift, with a proper amount and quality of food, will cure *Dyspepsia*, *Indigestion* and the whole train of attendant symptoms, as that all the bitters—compounds of poor aloes and worse whisky—bombluses and "blue-mass" will fail to do more than afford a temporary and deceptive alleviation.

## THE HEALTH-LIFT.

THE Health-Lift is a scientific, condensed and perfect method for securing and retaining perfect health. To a household it is many times the value of a sewing machine or piano. Money can not represent its worth. It is considered indispensable by all who use it. It is adapted to men, women and children.

It furnishes an exercise which can and should be introduced into every house, office, study, bank and store; which may be practiced at all seasons, in all kinds of weather, by persons of both sexes, all ages and degrees of strength or weakness, alone or in company; does not exhaust strength or vitality, but absolutely increases it.

As a means of exercise it is most concentrated and searching.

It improves the circulation. It augments the strength. It promotes general vitality. It tones up the system generally, enabling it not only to throw off, but to resist disease.

It is based upon the fundamental idea that the curative power is inherent in the human organism. It proposes, by a harmonious, completely co-operative and properly graduated exercise of the whole system, to develop and increase this latent power, and apply it, through the natural channels, to building up the tissues of the body and eradicating disease. Health depends upon the power and proper action of the organs of the body. An organ must first become weak before it can become diseased. The natural and rational method of cure is evidently to reverse this destructive process, and make it *constructive*; to strengthen the organs, and allow health to follow as a natural consequence of this organic power.

The Health-Lift is a system of Physical exercise, which commends itself to the professional and business man, as furnishing the *maximum* amount of *safe, graduated and thorough muscular exercise*, at a *minimum* expense of *time, convenience and nerve-force*; and as a *natural curative agency*, to the invalid (of either sex), as being applicable to the widest range of diseases, uniform in its results, and *cordially endorsed by the medical profession*.

It is yet in its infancy, but is growing apace; rapidly supplanting all other forms of exercise, and proving the most valuable adjunct yet known to the medical profession for the cure of disease. As a preventive of disease it has no equal.

## GENERAL REMARKS.

The Health-Lift makes strong appeals to the common sense of every man and woman, in every walk of life, who values health as the greatest of earthly blessings.

Many persons are aware that health and strength are intimately related. And it is rapidly becoming known that systematically regulated exercise, when applied in accordance with physiological principles, is among the most efficacious means for removing the causes of disease, developing the vital powers and promoting longevity.

The extraordinary vigor that has been acquired, and the remarkable cures that have been effected by means of the Health-Lift, demonstrate that it is very easy to maintain health or to regain it when lost.

The most strengthening, health-promoting and pleasurable of all exercises. Brings into action all the muscles, arouses every dormant function and imparts cheerfulness to the mind. *It enables those whose time is precious to get all the needed exercise of a day in a few minutes.* It is a safe and reliable means of making the weak strong and the strong Herculean, doubling the strength in three months and tripling it in less than a year.

The muscular power thus gained is available not only in lifting weights, but in whatever direction its exercise may be called forth.

To sum up: The Health-Lift, as a gymnastic system, possesses the merits of simplicity, economy of brain-power, economy of time, the widest adaptability; the most fragile woman and the strongest man find in it their exact need of exercise—perfect accuracy and perfect safety. It is believed that earnest investigation will sustain this sweeping claim.

THE body has urgent, distinct and imperative claims to culture. There is no error more profound, or productive of more evil, than that which views the bodily and mental powers as antithetical or opposed, and which imagines that the culture of the one must be made at the expense of the other. The truth is precisely the reverse of this.

Health and strength are most intimately allied, and are usually by the same means and in the same manner obtained.

Let, therefore, both man and woman cultivate strength by this, the most available means ; let it be general, not partial. The battle of life requires the *whole* man, not a part; the whole, too, in as good condition as it is possible for it to be brought.

There is no profession, calling or occupation in which man can be engaged, there is no position in life, in which a well developed frame will not be valuable to him, and highly essential to success. Almost daily we see men falter and fail in the midst of their labors—fail for want of a little bodily stamina. How easy to avoid such defeat, but how few will heed such advice in time!

Health is vital to happiness, strength is vital to health, exercise is vital to all.

Nature has provided a sovereign remedy for all physical ills. Has not this wonderful age developed it in the discovery and perfection of the Health-Lift ?

A sound mind in a sound body is a short description of a happy state in this world. He that has these two has little more to wish for ; and he that wants either of them will be but little the better for anything else.

Good bones are better than gold ; tough muscles better than silver ; and nerves that flash and carry energy to every function are better than houses and lands.

We are weak because it never enters into our thoughts that we might be strong if we would.

The body needs education as truly as does the mind. In short, the word education should be understood to embrace in its operation our entire nature, mental and physical ; both departments advancing together hand in hand, mutually respectful, helpful and tolerant.

Physical education is of the greatest value to mankind, not only as far as its own direct influence is concerned on the health and natural existence, but as an adjunct to mental advancement and culture.

The really effective and useful men of the world are the men of sound nerves, strong muscles and good digestion. That which will contribute to the improvement of these agents is of vital importance and should be eagerly sought by all.

The proper school for idiots, the insane, criminals and all who manifest unhealthy and abnormal mental action, is a school of physical training. Insanity, unhealthiness, violence and crime would never occur in a properly balanced condition of brain and body, which a correct system of physical training is certain to bring about.

Muscular strength developed by Cumulative Exercise is logically followed by health of all the organs, vigorous digestion, equable circulation, steady nerves and active brain.

Don't wait till disease sets in, nor till you are worn out in nerve, muscle and brain. Ten minutes' daily practice on the Health-Lift will prevent all this, and keep your lease of life and health good till past three score and ten.

Walking is very generally prescribed for invalids. While it is the most available of exercises, it is one of the most exhausting for invalids, draining away force from that portion of the nervous system located in the base of the brain and spinal cord ; and thus, by the monotonous use of a few sets of muscles, diverting vitality to them and fatiguing and depressing instead of refreshing and invigorating the patient.

Most men are engaged in brain-work, and most women find it unfashionable to exercise. Hence no provision is made for due exercise ; hence arise woes unnumbered.

Since the Health-Lift was started many once prosperous undertakers have failed miserably, and have gone to the poor-house *via* the bankrupt court. Real estate, at the cemeteries has depreciated over sixty-five per cent. Life insurance is cheaper by a third.

Nature gave man 527 distinct muscles ; but there must have been some mistake, as the average man or woman uses the odd 27 muscles occasionally, and allows the 500 to rest and rust.

#### LETTERS TO DYSPEPTICS.

DEAR SIR : Your cure is to be found in Exercise only. M. D.

DEAR SIR : "Live on sixpence a day and earn it." ABERNETHY.



## TO THE MEDICAL PROFESSION.

THE HEALTH-LIFT COMPANY,

No. 46 East 14th Street.

GENERAL MANAGER, F. G. WELCH, M.D.

NEW-YORK; October, 1874.

DEAR SIR: In the spring of 1873 the undersigned sent to the medical profession of New-York City and vicinity some special circulars, calling attention to what he had found to be a valuable adjunct to medical treatment, as well as a meritorious system of Physical Training and Exercise. Since that time, as a response, over two hundred physicians have called to investigate, who, together with as many more, have sent patients to our rooms for treatment. He has yet to hear of a single case where the result of the investigation to the physician, or of the exercise to the patient, has been other than satisfactory. The subscriber considers this unusual response an indication that the system, as well as the manner in which the business is conducted, has the good-will and favor of the Medical Profession.

This success has determined the Company to carry on the business through the Profession as the best and only proper channel, and we hope to secure universal interest in this important aid to medical treatment.

As our rooms are always at the service of physicians, it is hoped that none will condemn without investigation, that it will be recommended where the medical adviser deems it desirable, and that there may be some among the Profession who

would like to possess one or more machines. The Company solicit correspondence, through their Physician and Manager,  
F. G. WELCH, M.D.

The above letter sufficiently explains itself. Since it was written, the number who have investigated has nearly doubled. Many have purchased, and are making satisfactory use of the machine.

In another part of this monograph will be found a few voluntary testimonials from physicians. More testimonials of the same character, as well as the names of a large number of prominent physicians, might have been given, if it were not against our principles to solicit or use either.

Suffice it to say that most of the number who have investigated have been among the most prominent of this and other cities, and we have yet to hear of a single case where the result of the investigation by the physician, or of the exercise to the patient, has been other than satisfactory. It is confidently believed that the sweeping claims made in this little book may be fully proven by any physician who will investigate thoroughly.

If you should think the matter worthy further attention, we will gladly furnish any additional information in our power, either by letter, or personally at our rooms, which are always at the service of the medical profession. The attention of the practitioner is called to a few axioms on the physiological effects of Cumulative Exercise.

## REMARKS ON THE PHYSIOLOGICAL EFFECTS OF CUMULATIVE EXERCISE.

By the phrase *Cumulative Exercise* is meant a series of gradually increasing (cumulative) muscular efforts, produced in overcoming successively increased resistances, either by the use of an apparatus for the purpose, or otherwise.

*Muscles contract more or less readily according to their use :*

*This contraction affects the capillary and venous circulations ; they depend largely upon this :*

*If the same muscles are employed repeatedly in overcoming the same resistance, while the demand for arterial blood will be as great for each repeated contraction, venous blood will only be returned to the heart in volume proportionate to the compression exerted by the contracting muscles :*

*If, however, deeper layers of muscles are brought into action, by increasing the resistance overcome, the venous blood will be returned in correspondingly increased volume to the heart, and cardiac action will thus be reduced in frequency but increased in efficiency.*

*The pulse is diminished in frequency but increased in volume and regularity, the respiration is less frequent, deeper and fuller, while the muscular system gains in tone and steadiness, so that accuracy of motion is greater after than before the exercise.*

To these considerations should be added the removal of capillary and venous congestions, resulting in a freer passage of blood from the arteries, thus tending to lessen the work of the heart; the larger volumes of blood sent more equably to the lungs, and bringing into use greater aerating surfaces, thus causing the breathing to become more abdominal and less thoracic; and, finally, the effect of using the general

muscular system, instead of limited regions of muscles.

In the system of Cumulative Exercise the muscles of the trunk, as well as those of the extremities, are used; and the effect upon various diseased conditions, arising from relaxed abdominal walls, for example, and consequent malposition of the contained organs, is very striking. As the abdominal muscles acquire tone and afford support to the diaphragm, this important muscle, in turn, assists more efficiently in supporting the dependent viscera; preventing alike dragging and impeded motion of the thoracic viscera, and pressure, and consequent irritation, and other morbid action of the abdominal organs, on each other. Difficult or imperfect breathing, irregular heart's action, painful or defective digestion, congestion or torpor of the liver, constipation, hernia, hemorrhoids, as well as certain uterine and vesical difficulties, are frequently aggravated, if not caused by this flaccid, atonic condition of the abdominal muscles; and in such cases the exercise may be reasonably expected to be beneficial.

Of the effect of so powerful a derivative as this will readily be seen to be, on congestions of the brain and nervous systems generally, and of its value in improving nutrition—using the word in its largest sense, as including digestion, absorption, assimilation, secretion, and excretion—it is not necessary to say any thing to the professional reader. But it is believed that in its accuracy of prescription, in its wide applicability, in its conservation of nerve-force, in the thoroughness of its action, and in the record of its effects, it has established a claim as a valuable therapeutic agent and adjunct to medical treatment, no less than as a safe, brief and sufficient gymnastic system, especially adapted to persons of sedentary habits and busy lives.

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 A REPUTABLE, AGREEABLE AND  
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 ANY ONE.  
 SEND FOR FULL PARTICULARS AND  
 AGENTS' CIRCULAR.  
**HEALTH-LIFT CO.,**  
 46 E. 14th STREET, NEW YORK.

## THE HEALTH-LIFT AS A BUSINESS.

### SOME OF THE ELEMENTS OF ITS SUCCESS.

CUMULATIVE EXERCISE, as a business, has been introduced into the larger cities and towns. There is yet room, and we want thousands of energetic, educated, and cultured men and women to introduce it everywhere. There is no community large enough to support a physician which may not also be made to support an Agency of the Health-Lift. It is already thoroughly established, and a decided and permanent success. Our agents are successful everywhere, some of them highly so. It is a business of the most profitable, satisfactory and dignified character. Throughout the land there is healthful excitement, enthusiasm and inquiry as to "what it is," "what it has done" and "what it

will do." The public mind is ready to accept this as the best form of physical culture, and heartily welcome it as such. It has intrinsic merit. It will accomplish all that is claimed for it, and that is much. Its reputation is popular, permanent, solid and respectable. It is just what is needed by every man and woman in the land; making strong appeals to the common sense of every one. Its cost is one hundred dollars. There is a liberal discount made to agents after the purchase of the first machine. If you desire to interest yourself in a highly satisfactory and successful business, it will pay you to investigate further. Send for agents' circular.